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NOVEMBER 23 - 27

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Optima SX AT Turbo shown[1]

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Sorento SX Turbo AWD shown[3] 2.4L LX FWD

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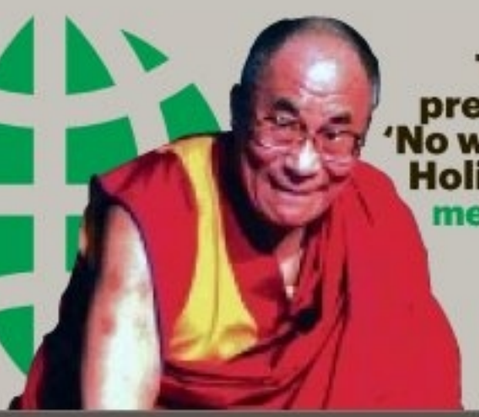

Trump presidency? 'No worries,' His Holiness says
metroNEWS

Ecstatic breakthrough

Vancouver therapists cure post-traumatic stress disorder with MDMA
metroNEWS

GETTY IMAGES

$2B transit plan a go

SERVICE EXPANSIONS

Higher fares, property taxes, a development fee en route

Matt Kieltyka
Metro | Vancouver

More bus, SkyTrain, SeaBus and HandyDART service is coming to Metro Vancouver, for a cost.

Both the TransLink board of directors and the Mayors Council on Regional Transportation voted in favour of $2 billion in transit improvements on Wednesday, the first phase of the mayor's 10-year transit plan.

Starting next year, the region will see a 10 per cent increase in bus service (including more service on busy routes, five new B-line services and bus routes to five new areas), 20 per cent more SkyTrain service with the addition of more trains, a new SeaBus, more West Coast Express trains and a 15 per cent increase in HandyDART service.

To pay for the expansion, TransLink will raise transit fares by five to 10 cents for a single zone starting in July, and municipalities will raise property taxes by an average of $3 per household.

The plan also calls for a new development fee expected to bring in $20 million a year, but that requires approval and legislative changes from the provincial government.

Wednesday's vote is the first concrete move toward seeing the mayors' plan realized since Metro Vancouver residents voted against a proposed regional sales tax to pay for transit projects in 2014.

"We've waited many years for this day to come," Vancouver Mayor Gregor Robertson said. "Traffic congestion is worse than ever. People are getting passed up on buses and SkyTrain now because they're full. People want us to get on with transit improvements."

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Lawren Harris painting titled Mountain Forms sets new Canadian art record, selling for $9.5M.

Public insurer dropping coverage for luxury cars

ROADS

Move comes as minister tries to hold back surging rates

Transportation Minister Todd Stone says he's trying to put the brakes on British Columbia's rising vehicle insurance rates, which could have gone up by more than 15 per cent this year.

Instead, the rates are going up by 4.9 per cent, subject to a review by the B.C. Utilities Commission, said Stone. The increase went into effect Nov. 1 but could be rolled back by the commission.

Stone downplayed scenarios in documents released by the Insurance Corporation of B.C. (ICBC) of possible rate hikes of more than 40 per cent compounded until the end of the decade.

He said the government will not allow rate hikes at the Crown-owned insurance provider to become unaffordable, but he would not discuss rate increases beyond this year.

"I can assure British Columbians we are going to work to keep insurance rates affordable," he said.

Stone also announced the government's decision to no longer insure high-end luxury cars worth $150,000 or more because their repairs are too costly. He said luxury car owners will soon have to purchase private insurance to cover the costs of repairs.

ICBC released rate scenario forecasts Wednesday prepared by the utilities commission, the independent agency that regulates the insurance corporation.

The forecasts included three hypothetical rate scenarios based on varying assumptions, including one that suggested compounded rate increases of 42 per cent by 2020 if no efforts were made to curb costs and reduce claims.

"The (utilities commission) asked ICBC to do some rate modelling based on an extreme, worst-case, hypothetical situation, and these numbers have now been made public," said Stone. "I want to reassure the public that these are extreme projections that do not consider the actions the B.C. government and ICBC are taking to reduce the pressure on rates."

THE CANADIAN PRESS

A damaged Ferrari on display at the ICBC claim centre on West 5th Avenue in Vancouver. COURTESY PROVINCE OF B.C./FLICKR

> **I want to reassure the public that these are extreme projections.**
> Todd Stone

BOUNTIFUL

Sect wife describes obedience training

A woman who was one of 27 wives to a leader of a B.C. polygamous sect told a courtroom Wednesday that women and girls in the religious community were taught to be obedient, marry young and have as many children as possible.

Jane Blackmore was the first witness called by special prosecutor Peter Wilson in the trial of three people with ties to the community of Bountiful.

Brandon Blackmore, Gail Blackmore and James Oler are each charged with taking girls from Canada into the United States for sexual purposes.

Jane Blackmore told the court she was Winston Blackmore's first wife. Jane, whose father was a convert to the faith, testified that she moved with her family to Bountiful as an infant in 1957.

The slight, soft-spoken woman described learning from a young age that plural marriage is key to reaching the "highest degree of celestial glory" in the afterlife.

Around the time she turned 15, her father began asking every six months whether she was ready to marry, she testified. When she was 18, the sect's prophet said God had revealed that she was to marry Winston.

"I did not feel like I was in a position to refuse this marriage. I believed I had received instructions from God."

Her husband took her wages and gave her back enough to buy groceries and other essentials, she testified. THE CANADIAN PRESS

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Trauma therapy trial wraps up

SCIENCE

Therapists treat study patients on pure form of ecstasy

David P. Ball
Metro | Vancouver

Several Vancouver psychotherapists behind a head-turning Canadian drug study may not be raving ecstatically or blissed out.

But after wrapping up Canada's first-ever trial treating trauma using the drug MDMA — the pure form of what's popularly called ecstasy — they are nonetheless optimistic, Metro has learned.

According to psychiatrist Dr. Ingrid Pacey, the study's principal investigator, the MDMA-assisted psychotherapy trial showed promising results for its six patients with post-traumatic stress disorder (PTSD) so severe that no previous treatments had worked.

Because MDMA — or methylenedioxymethamphetamine — is an empathogen, meaning it generates feelings of empathy and trust, the therapists hoped to see how patients might respond to counselling while they were on the drug.

> **The biggest thing was there was a very increased level of trust.**
> Dr. Ingrid Pacey

"The biggest thing was there was a very increased level of trust," Pacey told Metro in a phone interview. "They were really able to talk about painful material from the past that they were never able talk about before in their life — they'd been so frightened they'd block it.

"With the MDMA, they'd be distressed and crying, but they could talk it through and come to understand it in a way they couldn't before. The trauma became a more manageable part of their history and they could go forward with their lives."

PTSD is a mental-health condition associated with being exposed to threatening events or abuse, often afflicting victims of violence, soldiers, first responders, and sexual and childhood abuse survivors.

The illness is often tough to treat because many people with PTSD have developed a deeply engrained sense of mistrust in others, numbing, hyper-vigilance and isolation — and because it changes the brain itself.

Three of Pacey's subjects had experienced childhood abuse; the other three survived adult traumas. Except for two given placebos for the first part of the trial, subjects were given 125 milligrams of MDMA with eight hours of therapy, followed by a supervised sleepover at the clinic site; the next day, they got further counselling. Months later, they were given half the original dose and offered more therapy, followed up after a year.

The study was part of an international initiative led by Multidisciplinary Association for Psychedelic Studies (MAPS). Although the results of the federally approved study — quietly authorized by Health Canada in 2013 — are still being "collated" alongside similar research in the U.S., other studies have backed up Pacey's initial findings.

"We're facilitating a healing process, not just a treatment of symptoms," explained Dr. Allison Feduccia, MAPS' clinical trial leader, in an interview.

Dr. Ingrid Pacey, a psychiatrist and lead investigator of the recently completed MDMA-assisted psychotherapy trial — the first of its kind in Canada — in her Vancouver home. JENNIFER GAUTHIER/METRO

The neuropharmacologist was in Vancouver on Tuesday presenting MAPS' findings at the Military and Veteran Health Research Forum — for which she won the forum's Homewood Mental Health Treatment Award for "improving and innovating clinical mental health" practice.

"Some people have been hurt by other people so much that they may not even want to let anybody else in," she told Metro. "MDMA facilitates an empathetic rapport between the therapists and the participants."

MAPS Canada chairman Mark Haden, an adjunct professor UBC School of Population and Public Health, told Metro that the Vancouver experiment is being formally wrapped up this week and another site in the city is being considered for the next phase of their research. So far, MAPS-supported scientific research — much of it crowd-funded on the Internet — has treated more than 100 severe PTSD cases.

"Most PTSD therapy takes years," Haden said in an interview. "We do it in three months."

Feduccia said that after only two treatment sessions in MAPS' research so far, 56 per cent of subjects "no longer met the criteria for PTSD" at all.

"What's even more remarkable," she said, "is when we followed up 12 months later, 66 per cent of people no longer met criteria for PTSD ... the effects of the treatment are continuing to grow."

Pacey doesn't need to see the collated data to know the treatment has "promise."

"We have trauma survivors and war veterans here too," she said. "For them to actually have a treatment to finally break through what before was something that brought their lives to a halt — that is very exciting."

MAPS Canadian chairman Mark Haden and its trial leader Dr. Allison Feduccia appear at the Military and Veteran Health Research Forum in Vancouver on Tuesday. DAVID P. BALL/METRO

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1 in 5 kids still grow up poor

INEQUALITY

Stagnant B.C. child poverty rates exposed by new report

David P. Ball
Metro | Vancouver

A new report on child poverty in British Columbia has once again revealed "a painful truth" about the province this year.

One in every five B.C. kids grow up poor.

The only silver lining, if you could call it that, is that the numbers are no worse than when First Call BC Child and Youth Advocacy Coalition released their first annual report.

That was 20 years ago.

The report, released Thursday morning, found that 163,260 children under 18 qualify as low-income, according to Statistics Canada 2014 data, representing 19.8 per cent of kids in the province.

Fully one half of those raised by a single parent fell below the poverty line.

One in five B.C. children lives in poverty, several per cent more than the national average, according to a new report. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

B.C. children are slightly worse off than other Canadian kids, 18.5 per cent of whom are poor.

The study's authors warned that one of the most worrying trends is the even higher levels of poverty among very young children, five and under — 20.1 per cent.

Childhood, they wrote, "is a critical developmental period for the human brain," and experiencing deprivation and poverty in early years "is known to impact children for the rest of their lives," the report noted. "For this age group, poverty can have lifelong consequences."

But despite such warnings, an increasing number of B.C. children — 32 per cent — are arriving at Kindergarten "with vulnerabilities" deemed "critical to their healthy development."

According to First Call, which partnered with the Social Planning and Research Council of B.C. for the annual report, allowing such high numbers of poor kids to stagnate simply shouldn't be seen as good enough.

> **It's imperative for the future of our province that we tackle this issue now.**
> Michael McKnight

"We like to think of ourselves as a caring, civilized society," the report's authors note, "but in fact we have been tolerating and sustaining shameful levels of child and family poverty for decades."

As United Way of the Lower Mainland CEO Michael McKnight argued, chronic poverty among children "robs them of their potential," he stated. "It's imperative for the future of our province that we tackle this issue now."

The report calls for a range of fixes, including adopting a $10-a-day day care program like Quebec's, increasing welfare rates to low-income families, making more affordable housing available for families with children, and increasing provincial child tax benefits.

CRIME

Cleaver wielder charged

Charges have been laid against a man who was allegedly wearing a mask and wielding a meat cleaver as he threatened a pedestrian on a Vancouver street.

Police say officers responded to several 911 calls and had the public's help in finding a 39-year-old suspect who did not comply with police instructions but instead began fighting with them.

Officers used a Taser to subdue the suspect on Tuesday night, and police say a meat cleaver was recovered at the scene, along with a second knife, which the man had when he was taken into custody.

Const. Jason Doucette says the suspect and the pedestrian do not know each other and a motive for the threats is not known.

Jeremy Lindstrom was assessed in hospital before being taken to jail, where he remains.

He has been charged with four offences including assault with a weapon.

THE CANADIAN PRESS

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Black Friday ads trigger our aggression, according to a new study by UBC researchers.
GETTY IMAGES

Black Friday brings out the worst in us

SHOPPING

Advertising low quantities makes shoppers more aggressive

Jen St. Denis
Metro | Vancouver

Humans need food, shelter and water, and when those are in short supply, it's understandable that some people will aggressively protect scarce goods.

But is it really necessary to shove your way to the front of the line to get that big-screen TV?

"We wanted to study, is that just an effect that happens in the store, kind of a mob effect, or do people get primed to behave that way?" said Darren Dahl, a professor at UBC's Sauder School of Business who studies marketing and consumer behaviour.

In several experiments, Dahl found that when consumers are exposed to Black Friday-style ads that hype a very limited number of goods for a discounted price, they start seeing other consumers as a threat — and that led them to start behaving more aggressively.

For instance, in one experiment the subjects fired more bullets in a shooting video game, or physically attacked a vending machine when their chocolate bar got jammed.

Some people even had increased levels of testosterone after viewing the ads, a hormone that has been shown to be predictive of aggressive behaviour.

> **It's a fine line, because you want to build the excitement and you want people to come to your store ...**
> Darren Dahl

In Canada, Black Friday and Boxing Day sales are relatively tame.

But every year in the United States, stories about shoppers being shot, trampled or pepper-sprayed abound.

A website called Black Friday Death Count has attributed seven deaths and 98 injuries — including stabbings, shootings, trampling and pepper-spraying — to the annual sales frenzy over the past 10 years.

That website was the inspiration for the study, Dahl said: "When we saw that, we thought, 'Wow, not all of the deaths happen in the store, but a lot of the damage and the injuries happens during these events.'"

Dahl said retailers can reduce the danger by carefully managing lineups, having lots of staff on hand, and managing the scarcity of the product.

"It's a fine line, because you want to build the excitement and you want people to come to your store and look forward to an event, but you also don't want anyone to die or get hurt," he said.

ANIMALS

Otter pups lift mood at aquarium

The Vancouver Aquarium says despite recent challenges, as staff cope with the death of one beluga whale and the critical illness of another, some new residents of the aquarium are helping to raise spirits.

In a tweet, aquarium officials say names have been selected for the two rescued Alaskan sea otter pups that arrived at the facility on Nov. 1.

The male pup, found stranded in Kachemak Bay, Alaska, has been named Mak, after his rescue site.

The female pup, found by the U.S. Coast Guard on a beach southwest of Anchorage has been named Kunik, which is the Inuktitut word for a traditional Inuit greeting, or "kiss."

Experts believe both pups were abandoned by their mothers and at less than six months of age are considered non-releasable and will require lifelong care.

"The pups are thriving in their new habitat," the aquarium says on its website.

Aquarium vets, meanwhile, are continuing round-the-clock care for 29-year-old beluga Aurora, who has developed the same symptoms exhibited by her daughter Qila, just before the 21-year-old whale died last week. THE CANADIAN PRESS

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Entrepreneur's studio dream

FILM

Tim Bieber hopes to catch overflow of industry boom

Jen St. Denis
Metro | Vancouver

The owner of Okanagan Film Studios says that B.C.'s Interior offers a range of filming locations and it's cheaper than Vancouver. SUBMITTED

He built it — now an Okanagan entrepreneur hopes they will come.

"A lot of the locations that these films are looking for are not just the urban environment of downtown Vancouver," said Tim Bieber, an entrepreneur who recently opened what he calls the Okanagan's first full-service film studio.

"They're looking to get out into mountains, into wilderness and small towns."

With financing from an investor in Vancouver, Bieber transformed a vacant clothing factory near Vernon into a 50,000 square foot space with multiple sound stage and offices. He hopes to capture the overflow from Vancouver's booming film industry, where competition for production space and film crews can be intense.

Films like Blackway, starring Anthony Hopkins and Julia Stiles, and the Disney movie Tomorrowland are examples of movies that have filmed in the Okanagan, but small and medium-sized productions tend to be the "bread and butter" of the local industry, Bieber said. In the future, he plans to open two more studios near Kelowna and in the south Okanagan.

"I think 2016 is going to be another record-breaking year, breaking 2015 in terms of the number of productions coming to Vancouver," Bieber said. "It's just really difficult for a market like that, as big as Vancouver is and as many sound stages as it has, to sustain that growth and continue to grow at that pace."

Extra provincial tax credits are available for companies that shoot outside of Vancouver, and Bieber says that because his studio is in a repurposed building, he'll be able to offer cheaper rates to companies.

He also points out that accommodation and food services tend to be cheaper outside of the Lower Mainland.

Because of the high cost of housing in Vancouver, some experienced film crews have moved to smaller cities like Kelowna or Victoria.

They often have to commute back to the Lower Mainland to work on larger productions, Bieber said, but he hopes that by drawing more productions to the Okanagan there will be more local work for those crews.

ENVIRONMENT

Tonnes of trash removed from Vancouver Island beaches

An environmental group says it has recycled almost three quarters of the tonnes of garbage scavenged this year from the beaches of Vancouver Island's west coast.

Living Oceans says just 11.2 tonnes of the 40 tonnes of washed up trash had to be sent to the landfill after being barged to Delta for sorting.

Spokeswoman Karen Wristen says the public eagerly helped sort the garbage, taking home fishing floats, barrels and other items.

She says several businesses also claimed tonnes of hard plastic, drink containers, metal, tires and Styrofoam, keeping most of those items out of the dump.

Sorting the garbage in the Vancouver area instead of Vancouver Island, where it was done last year, was more effective. Wristen says most of the garbage collected in the 2015 drive ended up at the landfill.

The annual collections have been funded by a variety of sources, including a gift from the government of Japan following the 2011 tsunami, but Wristen says all the money from Japan has been spent.

"We could not have pulled this off without the generosity of all of the partners and contractors involved, as well as our own supporters," she says.

THE CANADIAN PRESS

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American students turning to Canada

EDUCATION

University says site traffic up 12 per cent since election

Gilbert Ngabo
Metro | Toronto

As an American citizen studying in Toronto, Dan Proctor is constantly explaining the Canadian way of life to his friends back home.

Since Donald Trump's election win, he's also been acting as a guidance counsellor — fielding requests about what it takes to become an international student.

"I have friends who are seriously discussing possibilities of transferring to Canadian universities," said the third year economics and cinema studies student at University of Toronto.

UofT student Dan Proctor says friends back in the U.S. are asking him how they can study in Canada. EDUARDO LIMA/METRO

Information from the university backs his claims. A day after Trump's victory, UofT's website for prospective students reported nearly 10,000 American visits — that's about 12 per cent increase from normal traffic.

The school already receives an average of 350 American undergraduate students each year, and there's no reason to think that won't shoot up, said Richard Levin, the school's executive director of enrollment services.

"Students are always looking for a tolerant and inclusive environment to study," he said. "What happened in the election and the discussions there certainly heightened the fear and made Toronto a much more appealing place."

Both UofT and Ryerson confirmed they're increasing recruitment efforts south of the border.

"What's going on there is an opportunity for us to reach further and attract more brilliant brains," said Charles Falzon, dean of Ryerson's faculty of communication and design.

Originally from Boston, Proctor said concerns about what a post-Trump America means are especially real for women, people in the LGBTQ community and people of colour. Many fear the election may have "legitimized" discrimination, he said.

"We've all seen the upswing in the openness of hate crimes and speeches in the U.S. since Nov. 8," he said, referencing the example of a recent conference of white nationalists in Washington, D.C., where people were seen giving the hail Hitler salute and making racist comments. "It's certainly frightening. I'm not surprised that many people would want to get out."

QUEEN'S UNIVERSITY

Partygoers' costumes spark racism debate

As they walked between classes, stood in line to grab coffee, and wandered through the hallways of the John Deutsch University Centre on Wednesday, students across the Queen's University campus in Kingston, Ont. were debating and talking about racism- a conversation sparked after photos of students attending a party in offensive costumes went viral.

Photos from the party showed some partygoers in jumpsuits wearing sombreros, while others were dressed in Buddhist robes, as Arab men, and as Viet Cong guerrillas. The theme of the off-campus event, which was a drinking tournament, was countries of the world.

Images from the party were posted on Twitter on Monday by Toronto comedian Celeste Yim.

"A very shockingly racist party thrown by Queen's students happened and the photos make me sick to my stomach," Yim tweeted. "The costumes are indisputably and unequivocally offensive, tasteless, and should not be tolerated. Context and intentions have no bearing."

The debate raged online, particularly in the Facebook group populated by students, Overheard at Queen's. Many decried the stereotypical outfits while others said the they were not offensive, and that reaction to the photos was overblown, saying people are becoming overly sensitive. TORSTAR NEWS SERVICE

A group of partygoers wearing Tibetan monk robes. TWITTER

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GOBBLE-GOBBLE TURKEYS GET PUNNY PRESIDENTIAL PARDONS President Barack Obama got the holiday mood started at the White House on Wednesday with the traditional pardoning of the national Thanksgiving turkey, this time with his nephews standing in for daughters Malia and Sasha. The light-hearted ceremony in the Rose Garden also featured Iowa-raised turkeys Tater and Tot, with the latter receiving the formal reprieve. Obama said he has used the past pardoning ceremonies to embarrass his daughters with a cornucopia of bad jokes about turkeys. "This year, they had a scheduling conflict. Actually, they just couldn't take my jokes anymore," the president said. GETTY IMAGES

Trump gives Dalai Lama 'no worries'

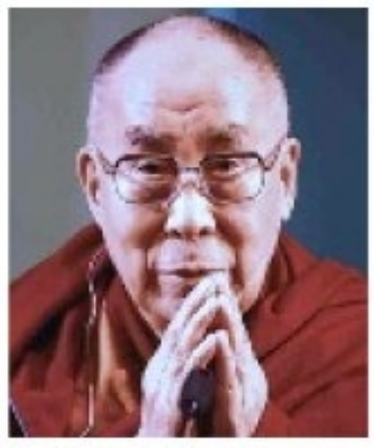
GOVERNMENT

No meeting yet planned between spiritual leader, president-elect

Exiled Tibetan spiritual leader the Dalai Lama said Wednesday he has "no worries" about Donald Trump's election as U.S. president, adding that he expects the businessman will align his future policies with global realities.

The 1989 Nobel Peace Prize winner's remarks were his most extensive yet regarding the election of the real estate tycoon and reality television star who has called for putting America's concerns first and shown little interest in Washington's traditional espousal of global democracy and social justice.

Commenting at the conclusion of a four-day visit to Mongolia, the leader of Tibetan Buddhism said he looks forward to seeing Trump at some point following the Jan. 20 inauguration. Such meetings usually draw protests from Beijing, which accuses the Dalai Lama of seeking to split Tibet from China.



The Dalai Lama expects the President-elect will align policies with global realities. AFP/GETTY IMAGES

The 81-year-old monk said he has always regarded the U.S. as the leader of the "free world" and wasn't concerned about remarks made by Trump during the election campaign. Some of those comments have been cited as offensive to Muslims, Hispanics and other U.S. minority groups.

"I feel during the election, the candidate has more freedom to express. Now once they (are) elected, having the responsibility, then they have to carry their co-operation, their work, according (to) reality," he told reporters in the Mongolian capital, Ulaanbaatar. "So I have no worries."

Tenzin Dhardon Sharling, spokeswoman for the self-declared Tibetan government-in-exile in the northern Indian town of Dharamsala, said she was not aware of any plans for a meeting between the Dalai Lama and Trump.

She said the Dalai Lama and the Tibetan exile community have enjoyed good relations with successive U.S. presidents and expected that to continue under a Trump administration.

"His holiness has always put great hope in the U.S. as a champion of democracy. He hopes for continued support from the new president and his government," she said. THE ASSOCIATED PRESS

IN BRIEF

Thousands fleeing Mosul
They came by the hundreds — men, women and children fleeing the battle for Mosul, whose residents are fleeing in growing numbers as Iraqi forces push deeper into the city.
THE ASSOCIATED PRESS

Neo-Nazi sentenced to life for killing U.K. lawmaker
Thomas Mair, a white supremacist who shot and stabbed pro-European U.K. lawmaker Jo Cox while shouting "Britain first" was sentenced to life in prison Wednesday for a crime prosecutors called an act of far-right terrorism.
THE ASSOCIATED PRESS

Construction disaster leaves many dead in China
At least 22 people have been killed and others were trapped in a scaffolding collapse at a construction site in eastern China. An official said a platform that was under construction collapsed Thursday, killing 22 and injuring two others. Reports said an unknown number of people remained beneath the debris.
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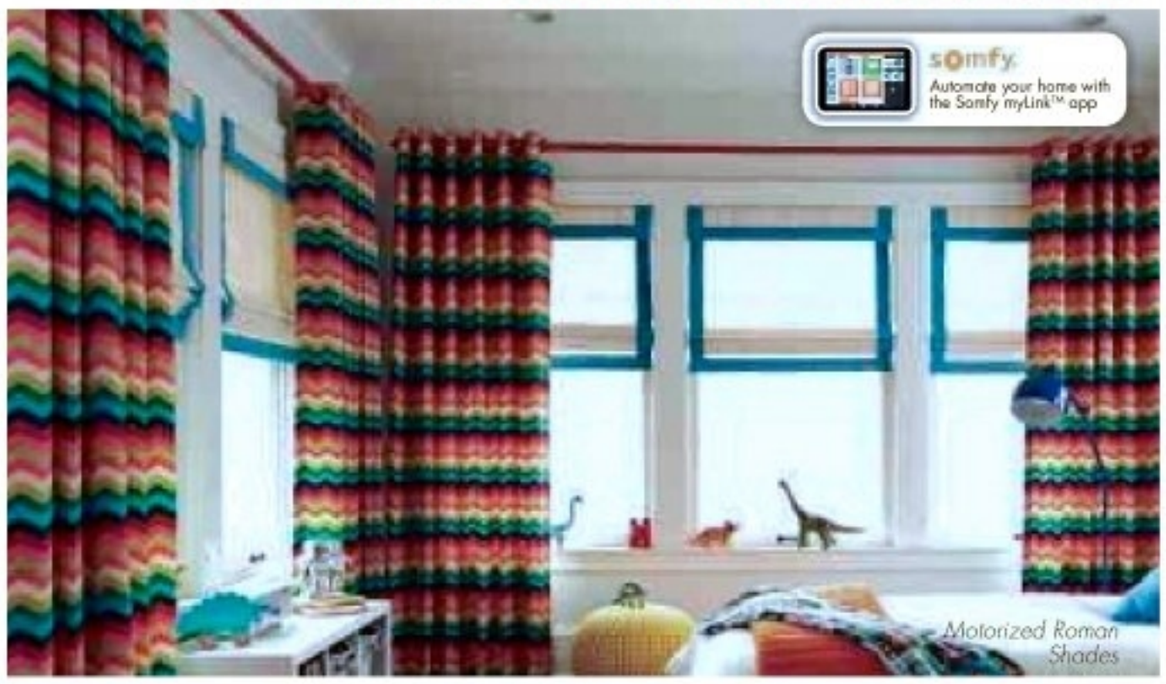

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Offer(s) available on select new 2016/2017 models through participating dealers to qualified retail customers who take delivery from November 23 to 30, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,740, $22 AMVIC, $100 A/C charge (where applicable). Excludes taxes, licensing, PPSA, registration, insurance, variable dealer administration fees, fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ΔDon't Pay Until Spring ('120-Day Payment Deferral') applies to purchase financing only on approved credit on all new 2016/2017 models at participating Kia dealers. No interest will accrue during the first 90 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal and interest monthly over the term of the contract which will be extended by 90 days. Offer ends November 30, 2016. ΦΦ**Representative Financing Example:** Financing offer on a new 2016 Soul EX AT (SO754G) with a selling price of $22,557, including $500 Holiday Bonus† equals $62/week for 84 months, for a total of 364 payments, at 0% with $0 down payment. Cost of borrowing is $0 and total obligation is $22,557. †No purchase necessary. Holiday bonus between $500 and $2,000 (including guaranteed $500 discount) awarded in dealership. Approximate odds of winning an incremental bonus prize of $250 - $1,500 at a participating dealership in the Western region are as follows: $750 total Holiday Bonus (including guaranteed $500 discount): approx. odds of winning: 1:4; $1,000 total Holiday Bonus (including guaranteed $500 discount): approx. odds of winning: 1:5; $1,250 total Holiday Bonus (including guaranteed $500 discount): approx. odds of winning: 1:10; $1,500 total Holiday Bonus (including guaranteed $500 discount): approx. odds of winning: 1:30; $2,000 total Holiday Bonus (including guaranteed $500 discount): approx. odds of winning: 1:1282. Contest open to Canadian residents over the age of majority. Skill-testing question required. Discount prizes must be redeemed by November 30, 2016. See dealer or kia.ca/special-offers for complete contest details. *"**Cash Purchase Price** for the new 2016 Optima LX AT (OP741G) is **$20,877** and includes a cash discount of $4,000 and $500 Holiday Bonus†. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. ≠**Representative Leasing Example:** Lease offer available on approved credit (OAC), on the 2017 Sorento 2.4L LX FWD (SR75AH)/2017 Forte LX MT (FO541H)/2017 Sportage LX FWD (SP751H) with a selling price of $29,550/$17,070/$26,757 is based on 156/260/156 weekly payments of $69/$39/$57 for 36/60/36 months at 0%/0.9%/0%, with $0 security deposit, $2,375/$995/$1,800 down payment and first payment due at lease inception. Offer includes $500 Holiday Bonus† and $500/$0/$0 lease credit. Total lease obligation is $10,824/$10,262/$18,951 with the option to purchase at the end of the term for $16,358/$15,799/$15,506. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). ‡Model shown Manufacturer Suggested Retail Price for 2016 Optima SX AT Turbo (OP746G)/2017 Sorento SX Turbo AWD (SR75EH)/2017 Forte SX AT (FO741H)/2017 Sportage SX Turbo AWD (SP752H) is $35,195/$42,295/$27,295/$30,595. The 2016 Sportage received the lowest number of problems per 100 vehicles among Small SUVs in the J.D. Power 2016 U.S. Initial Quality Study. 2016 study based on 80,157 total responses, evaluating 245 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, surveyed in February–May 2016. Your experiences may vary. Visit jdpower.com. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

The Boys have a dope idea

MARIJUANA

Working to have name on pot brand

Jen Taplin
For Metro | Halifax

They've got the whiskey covered, now onto the weed.

Trailer Park Boys inked a contract with OrganiGram Holdings Inc, a Moncton-based producer of medical marijuana, to brand their recreational marijuana product when it is legalized.

Last year the Trailer Park Boys, the Nova Scotia-filmed TV show which spawned two movies, launched their own Liquormen's Ol' Dirty Canadian Whiskey.

On Wednesday, OrganiGram announced a branding partnership. Ray Gracewood, chief commercial officer at OrganiGram, said the deal has been in the works for about a year.

Basically Trailer Park Boys bring the lifestyle and OrganiGram will have the product — if or when it is legalized.

Gracewood said when recreational marijuana is legalized, they will be the only licensed producer with an active selling license in the region.

"We see there is great value within the future recreational cannabis market for the Trailer Park Boys brand."

Louis Thomas, president of Sonic Entertainment Group which represented TPB Productions Ltd., said in a statement they've been monitoring the cannabis marketplace and felt OrganiGram was a good fit.

It's a five year, exclusive branding partnership which involves royalties and non-monetary considerations.

The Trailer Park Boys, under a branding partnership with OrganiGram Holdings, are looking to bring their lifestyle image to a pot brand when legalized. CONTRIBUTED/THE TRAILER PARK BOYS

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Join us for a community celebration on opening day. Check back at translink.ca/evergreen for more details on the festivities.
Evergreen means go.

Learn more at translink.ca/evergreen | TRANSLINK

DONALD TRUMP

Potential conflicts of interest looming

After Ivanka Trump appeared on CBS's 60 Minutes wearing a $10,800 US bracelet from her jewelry line, photos were sent to fashion writers to drum up free publicity. A firestorm of criticism erupted over the impropriety of profiting off the presidency.

If only the bracelet brouhaha was the end of it.

A look at five areas where conflicts may arise:

NEW HOTEL

For use of the Old Post Office for his new Washington hotel, Trump agreed on annual rent to the government. In addition, the president-elect agreed to additional annual payments based on how well the hotel is doing.

Such payments typically require drawn out negotiations each year.

"How can anyone expect a government employee to treat the Trump family like any other contractor?" asks Steven Schooner, a professor of government procurement law at George Washington University who has studied contract.

As president, Trump will have the authority to appoint a new head to the General Services Administration, the federal agency that signed the lease with Trump and will negotiate the rent each year.

Business could get a lift if foreign dignitaries decide to stay at the new hotel to curry favour with the new president.

FOREIGN AFFAIRS

Trump's extensive operations abroad raise the possibility that his foreign policy could be shaped by his business interests, and vice versa.

Trump has struck real estate deals in South Korea, the Philippines, Indonesia, Uruguay, Panama, India and Turkey, among other countries.

Trump's business ties will raise suspicions that he is getting special deals abroad because he is president, and that this runs the risk of violating the Emolument Clause that forbids public officials from receiving gifts from foreign governments without the consent of Congress.

TRUMP LENDER

One of Trump's biggest lenders is Deutsche Bank, a German giant in settlement negotiations with the Department of Justice on its role in the mortgage blowup that triggered the 2008 financial crisis.

Will a Justice Department under Trump go easy on the bank? Trump will nominate the head of that agency, too.

TAX AUDIT

Trump has cited a long running audit by the Internal Revenue Service in refusing to release his tax returns. The president nominates the commissioner of the IRS who serves for five years.

Trump will also get to make appointments to the National Labor Relations Board, which rules on labour disputes. In July, the board ruled against Trump in a case involving workers trying to unionize at the Trump Hotel Las Vegas.

The Trump Organization lists six other hotels in the U.S.

FLURRY OF LAWSUITS

Trump said Friday that he agreed to pay $25 million to settle three lawsuits alleging fraud at his Trump University so he could focus on his preparing for his presidency.

But this could also bring problems, as Trump himself has acknowledged previously.

"When you start settling cases, you know what happens?" he said earlier this year.

"Everybody sues you because you get known as a settler."

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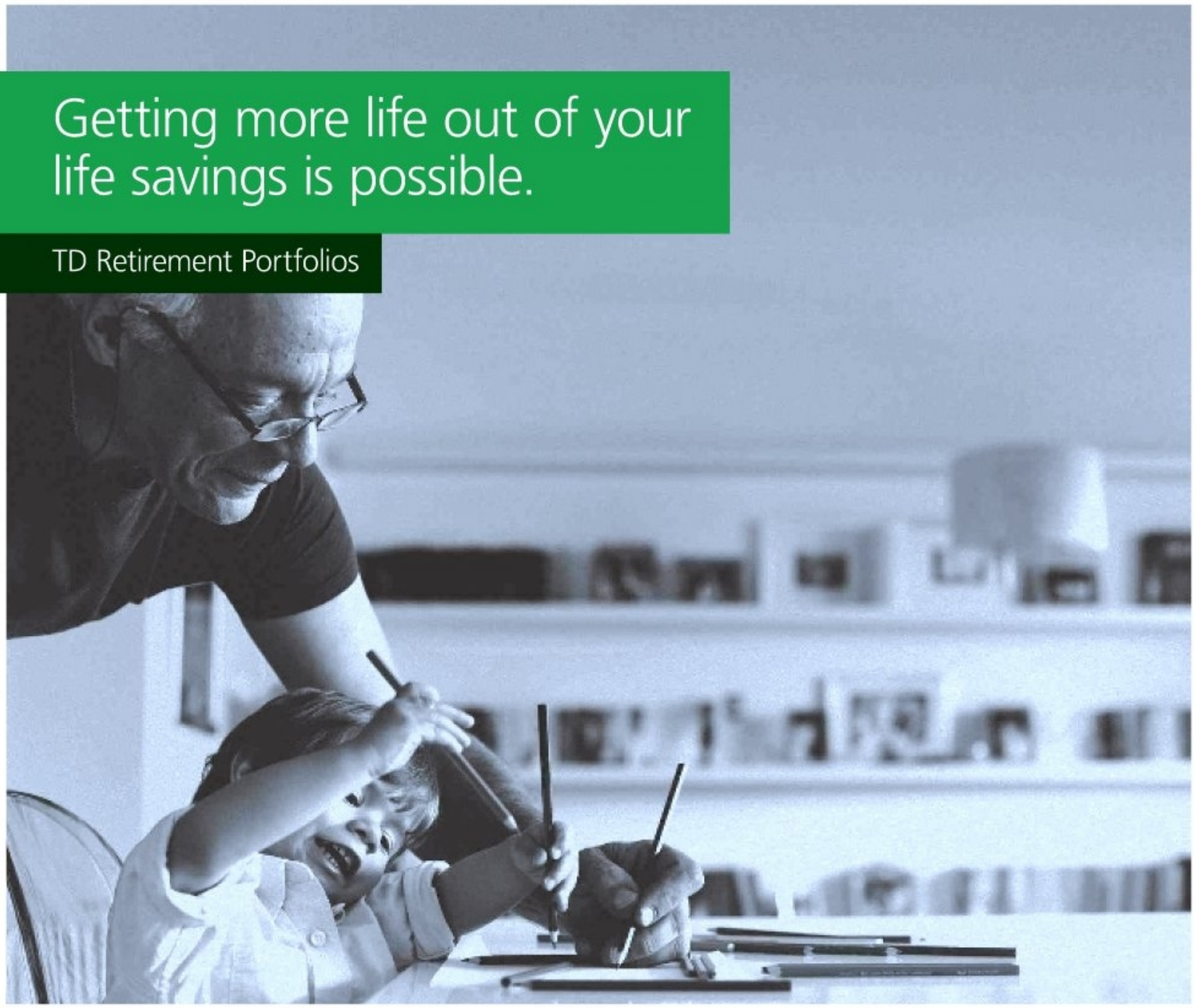

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metro VIEWS
Your essential daily news
Thursday, November 24, 2016

VICKY MOCHAMA
ON RACISM BY MANY OTHER NAMES

Some students at Queen's University thought it was a good idea to dress up as ethnicities for a party. It was not a good idea.

There was a brief moment where we could be proud that Halloween had passed without a major conflagration.

Blackface Christmas had passed and all through the land, not a column had to be written on it. Then, last Saturday.

Some students at Queen's University in Kingston, Ont. thought it was a good idea to dress up as ethnicities for a party.

It was not a good idea. Not just because costume parties are awful. Not only because most of those dressed up as Buddhist monks, Viet Cong guerrillas and Middle Eastern sheikhs were white. But also because other people's culture's are not costumes.

The photos from Saturday's Beerfest party are pretty jarring, but the most striking photo of the bunch is of three young black men in the middle of the event. It has since been removed from Facebook but in it, they're dressed in jeans, thin T-shirts and puffy jackets, which is one of five style options currently available to all young men. In the picture, they stand unsmilingly in a way that evokes Jim from The Office looking into the camera. Their stillness breaks the fourth wall as if to say, "Are you seeing this too?"

The cycle of outrage is familiar, but the lesson bears repeating. When it comes to white people making fun of the cultures of marginalized people, the joke is too soon.

At moments like this, considerable effort is put into explaining how a benign-seeming, unthinking act ("Let's go as Chinese food!) is, when done by a white person, a form of racism. (It's also a form of internalized racism when people of colour are complicit in it.) Individual acts of conscious or unconscious racism are still racism.

History shows that those who believe in justice for non-white people have been opposed at every turn by those who vehemently disagree.

More on that R-word later.

Considerable effort is also, and indeed as has been, put into explaining that actually this isn't real racism. That this is just "outrage" and "identity politics" and "political correctness." That this is precisely the sort of distraction from the "real issues" that led to Trump's rise.

The form of discourse referred to, often derisively, as political correctness, diversity or identity politics consists of much more than theoretical ideas and rhetorical posturing. It's about correcting a history that has been horrible to so many groups on the basis of their race, gender, sexuality, religion, ethnicity and class. It's about the push and pull between those who've been told the world is theirs and those who have to demand their right to be in it. It's about the safety of those men of colour who went to party with their friends only to find out their friends might be racists.

It's about justice and equality.

A line can be drawn from abolitionists to civil rights protesters to Black Lives Matter activists. The parallel line, however, is longer: from slave owners to the Ku Klux Klan to the alt-right movement.

History plainly shows that those who believe in justice for non-white people have been opposed at every turn by those who vehemently disagree. This disagreement, on the issue of basic entitlement to one's humanity, is rightly called racism.

For those of us who are the recipients of it, racism is simply the most apt and specific way to describe the events in our lives. But its directness scares people. Whiteness is so fragile that an accurate description is too much to bear.

So instead of calling a racist by name, we've developed language that distances individual people from racist acts. Police aren't "racists"; rather, they may occasionally "exercise" "bias." The neighbours aren't "racist"; rather, they're concerned about "school quality." Media isn't a tool of "white supremacy"; rather, it lacks "diversity."

This is how young privileged students at Queen's University come to believe that their party does no harm. It's how young privileged white men like Stephen Harper's son Ben (himself a Queen's student) believe they're equipped to define for others what racism really is. (As an aside, what is this real racism that only white men can see?) This event should put to rest the idea that racism is an effect of poor education or poverty.

The insidiousness of racism lies in the way it erases its tracks. Suddenly, things with racist overtones may have happened and yet no one is a racist.

CULTURE-AS-COSTUME Queen's University students dressed as Mexican luchador wrestlers pose for a photo at a party last Saturday. TWITTER

Under Trump, racism will have powerful ally

Linda McQuaig

I guess we should be glad that no member of the Trump family or transition team actually attended the white supremacist event in Washington last weekend where Trump's victory was celebrated with Nazi salutes.

For those looking for good news in the face of Donald Trump's presidential victory, these are the sort of slim pickings on offer.

And, sure, let's remain optimistic, but it's important we not lose our sense of horror and outrage, or allow our moral goalposts to be moved.

Nor should we get lulled into feeling grateful for any tidbit of normalcy from Trump. Just because he says he's rethought plans to bring back torture or to jail Hillary Clinton, he's still appointed as his top adviser Steve Bannon, overseer of the website Breitbart, which specializes in provocatively stirring up tensions, particularly racial ones. If Trump didn't want to stir up racial tensions, would he pick that guy?

I've always been amazed at the way Americans routinely describe their country as "the greatest democracy on earth," without considering how that characterization fits with its history of genocide against Native Americans and more than two centuries of slavery. The fact that slavery was central to the American experience is rarely acknowledged, with little attempt to make amends.

This has left a festering wound covered by a band-aid.

Not all Trump supporters want to restore the Confederacy. Many are economically suffering workers duped into believing Trump will help them, or high-income urbanites excited about promises of gigantic tax cuts for the rich. But the soft, itchy underbelly of American racism has been given a good scratching by Trump, who for years kept alive birther attempts to discredit the first black president.

Whatever damage Trump is likely to do around the globe, at home — under the guidance of master provocateur Bannon — he is almost certainly going to pick a fight with the Black Lives Matter crowd. And when he does, the man who will be there to ensure justice is done will be Trump's new attorney general, Jeff Sessions.

The Alabama senator's racial comments led to his rejection as a judge by the Republican-dominated U.S. Senate in 1986. Less well known is the insidious role Sessions played in preserving Alabama's long history of separate and unequal education. In the 1990s, 30 of the state's poorest — which is to say blackest — school districts and a disability rights group successfully challenged the system, with an Alabama judge ruling it unconstitutional. Sessions, then Alabama's attorney general, fought to ensure ongoing inequality, using his office to wage a fierce two-year battle to overturn the decision.

Given Sessions' history, it's not hard to imagine how, as the nation's attorney general, he'll clamp down on black street protesters, stripping away their civil liberties and emboldening police.

Sessions and Bannon will be fighting their old racial battles, only this time the president will have their back.

Linda McQuaig is a journalist and author.

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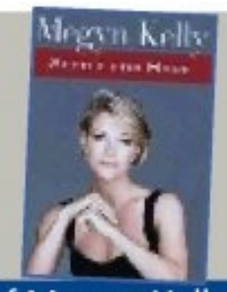


Pro-Trump Reddit forum floods Amazon with negative reviews of Megyn Kelly's memoir

5 PALETTES FOR THIS HOLIDAY SEASON

Whether you are looking for a glamorous New Year's Eve look, something you can wear to the office Christmas party or a palette you can take on a cold-escaping vacation, these holiday sets will help you put together the perfect makeup looks for the season. SAMANTHA EMANN/METRO CANADA

1 Kat Von D Metal Matte

Different from the warm brown and berry shades of many of the other holiday offerings, this palette contains mostly cool-toned shadows. The shimmers and mattes are all smooth and highly pigmented. There are some bright, stand-out colours as well as more toned-down neutrals and pastels. Because of its bigger size, it is not the most travel friendly. Despite that the beautiful colours and package artwork make it my favourite of the bunch. AVAILABLE AT KATVONDBEAUTY.COM

2 Urban Decay Naked Ultimate Basics palette

This all-matte addition to the iconic Naked line puts a little colour into this neutral-toned series. With beautiful rose-gold packaging it departs from the others with its square shape and a mirror to match. The 12 shades are similar to the quality of the original, smaller Naked Basics palettes.

If you are looking for a palette that is good for everyday, work-appropriate looks, this is it. Blend with care because these shades can get a little muddy. AVAILABLE AT SEPHORA OR URBANDECAY.CA

3 Grande Hotel Café palette collection

Have multiple makeup junkies on your gift list? This set, though at a higher price point, offers three mini eye shadow and blush combo palettes that would make cute gifts as a set or individually. They each contain a different colour scheme and even different holiday-themed scents like eggnog latte and peppermint mocha. The main packaging is cute but a little bulky. AVAILABLE AT SEPHORA OR TOOFACED.COM

4 Nyx Love Contours All and Wanderlust palettes

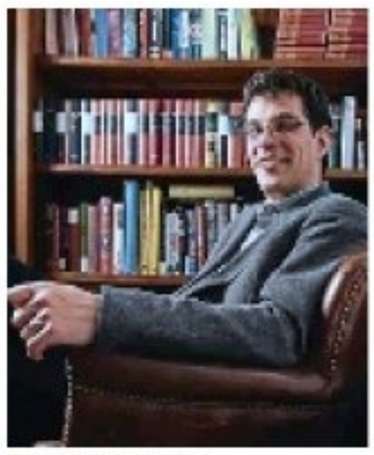
Looking for a holiday gift or look on a budget? The Love Contours All palette contains the brown and berry shades of the season, offers some face highlight and contour, and even brow shades to help complete your look. This palette is a great gift for someone who is looking to dip their toes into the makeup world. The travel-friendly Wanderlust palettes contain six shadows and a lip colour that complements those shades. Some of my favourites of the Wanderlust series for the season include Madrid, Copenhagen and Vancouver. AVAILABLE AT SHOPPERS DRUG MART

5 Tarte Pretty Paintbox Set

This holiday offering from Tarte is perfect to take on that winter vacation to somewhere warm and sunny. You will have almost everything you need from blush, highlight, contour and bronzer to a full-size eyeliner and mini mascara and lip paint. All of this is contained in the same cute zip-up box the size of a book and also manages to include a small mirror. The amount and shade range of eye shadows just adds to the appeal. AVAILABLE AT SEPHORA

CONTROVERSY

Steven Galloway apologizes in first statement since firing



Steven Galloway
TORSTAR NEWS SERVICE

Author Steven Galloway has issued his first statement since he was suspended a year ago by the University of British Columbia over what it has only described as "serious allegations."

He was fired as creative writing chairman in June under a veil of secrecy. He said in the statement issued Wednesday by his lawyers that the "harm flowing from UBC's conduct" has reached such a level that he asked his counsel to provide clarity.

Galloway confirms that he was accused of sexual assault but says the only complaint substantiated by a former judge's investigation was that he had an affair with a student.

"Mr. Galloway profoundly regrets his conduct and wishes to apologize for the harm that it has caused. He does not seek to minimize it or to hide from it," the statement says.

"He seeks fair treatment for all involved, and an end to the scurrilous assertions and accusations that have proliferated in the vacuum of information."

The university tasked Mary Ellen Boyd, a former B.C. Supreme Court judge, with investigating complaints against Galloway in December. Her report, submitted in April, has never been made public.

Galloway's statement says after a review of all evidence, Boyd found on the balance of probabilities that Galloway had not committed sexual assault.

Of the other allegations made against him, the statement says Boyd found that one constituted a violation of university policy. She found he engaged in "inappropriate behaviour" with a student while both were married, and that the affair lasted two years, it says.

The statement says Galloway has grave concerns with the investigative process followed by the university, including but not limited to the way it chose to communicate with the public.

Last week, 88 prominent authors, including Margaret Atwood and Joseph Boyden, signed an open letter calling for an inquiry into the school's handling of the case. After being accused of silencing women who might come forward in the future, Atwood issued a brief apology.

The Canadian Press has spoken with five people who filed complaints based on behaviour they say they witnessed or experienced. They said the complaints included sexual harassment, bullying, threats and an incident in which Galloway is accused of slapping a student.

Chelsea Rooney, who filed a complaint alleging sexual harassment, said complainants had concerns about the process too. She said they were pressured not to talk to one another and incidents they told Boyd about didn't end up in her report.

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Darlings of the burgeoning poetry scene

SPOKEN WORD

Performances become a viral sensation for 25-year-old

Genna Buck
Metro Canada

When Sabrina Benaim was going through surgery for a thyroid tumour at the age of just 25, her best friend noticed that the very real lump in her throat was causing her to "swallow her words," both literally and figuratively.

She signed Benaim up for a spoken-word poetry class at OCAD University.

That was back in 2013.

Now Benaim is a darling of the Canadian spoken-word poetry scene and at the forefront of a huge shift in the way young people are interacting with verse.

That initial class led to public readings, then the underground tournament at the Canadian Festival of Spoken Word in Winnipeg, and a stint on Toronto's competitive slam poetry team. Her first book is coming out soon. With lines like, "When I say hello, I mean thank you. When I say thank you, I mean I adore you and when I say I adore you, I mean I will check your horoscope," Benaim's performances have become viral sensations.

Her work speaks to a generation of young people whose first encounter with poetry is less likely to be in a classroom than on social media.

Button Poetry, a multiplatform publisher with 600,000 YouTube subscribers, gave Benaim her big break two years ago: Her poem Explaining my Depression to my Mother has four million views. Some performances on the channel have upwards of 10 million.

"In my experience, with my poem exploding, 90 per cent of the messages I received — and I receive a good amount of messages, still — are 'Thank you for putting into words what I couldn't put into words,'" Benaim said.

"I think the resurgence of spoken word, honestly, is that we're feeling very disconnected with the world we're living in, with social media being kind of a barrier. It opens us up to everybody but it also closes us off in a lot of ways."

The corporate world is taking notice of the trend. Verses from Somali-British poet Warsan Shire appear on Beyonce's visual album Lemonade. Spoken-word artists performing their own work provided the soundtrack to Sport Chek's "What It Takes" series of Olympic ads this past summer (Benaim narrates the third TV spot in the series).

It doesn't get more mainstream than that.

One of Benaim's early influences was the spoken-word poet Sarah Kay, who is best known for her viral 2011 TED talk If I Should Have a Daughter.

FIVE YOUNG POETS TO WATCH OUT FOR

PHOTO BY KP KAUR

Rupi Kaur

Born in India but raised in Brampton, Ont., 24-year-old Rupi Kaur is known as "the insta-poet" because she gained fame for her short poems and whimsical line drawings on Instagram.

Daniel Tysdale

This Saskatchewan-born poet, who now teaches at the University of Toronto is known for his Everything You Need to Write a Poem TEDx talk and his Fauxccasional series of poems on YouTube, which explore alternate histories.

PHOTO BY ANDREA CHARISE

Sachiko Murakami

A widely published poet who hails from the west coast, Marikami mines Facebook for poetry prompts. One result was a series of poems about people's airport stories.

Chimwemwe Undi

Undi's performances meld playfulness and humour with storytelling about religion and the immigrant experience. She's a veteran of the Winnipeg youth poetry slam.

Andre Prefontaine

This prairie native is a regular in the Toronto spoken-word scene and international competitions alike with pithy, occasionally X-rated haikus.

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BLACK FRIDAY
3 DAYS ONLY

TOPSHOP

FRIDAY, NOVEMBER 25-SUNDAY, NOVEMBER 27, 2016

50% OFF
SWEATERS & COATS

PLUS, 20% OFF ALL OTHER REGULAR PRICED MERCHANDISE*

GRANVILLE STREET, RICHMOND CENTRE

*REGULAR PRICED ITEMS ONLY. CANNOT BE COMBINED WITH ANY OTHER OFFER.

HUDSON'S BAY

TOPSHOP

STARTS FRIDAY, NOVEMBER 25 TO SUNDAY, NOVEMBER 27, 2016

STORES OPEN AT 7 A.M.
FRIDAY, NOVEMBER 25 ONLY

HUDSON'S BAY

BLACK FRIDAY WEEKEND SALE

FRIDAY, NOVEMBER 25

First 200 customers in store Friday at 7 a.m. receive a **$20 savings card**
No purchase required. See below for details.

FREE SHIPPING AT THEBAY.COM on any purchase
No minimum spend required.
See online for details.

FRIDAY TO SUNDAY
NOV. 25 TO NOV. 27

10% OFF COSMETICS & FRAGRANCES
Excludes Hermes and Dyson super sonic hair dryer.

SATURDAY & SUNDAY
November 26 and 27
from store open until 1 p.m. each day

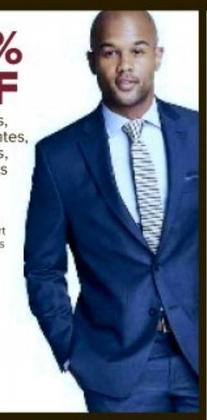
SAVE AN EXTRA 15% ON ALMOST ANYTHING
in the store when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card.
See below for details.

SAVE $35
$99.99
SOREL Winter Carnival boots for women Reg. $135
20% OFF other SOREL boots for women.
15% OFF UGG footwear for women.

$79.99
Dresses by CALVIN KLEIN, TOMMY HILFIGER and IVANKA TRUMP
Reg. $129 to $229
50% OFF other dresses by DEX, LORI MICHAELS, GABBY SKYE and CHETTA B.
40% OFF women's suit separates.
In our women's dress and suit departments.
See below for exclusions.

SAVE UP TO $39
$39.99
Women's jeans by NOISY MAY and JESSICA SIMPSON
Reg. up to $79
$34.99
ADOLESCENT CLOTHING Christmas sweatshirs for women.
Reg. $59
$19.99
ADOLESCENT CLOTHING Christmas T-shirts for women.
Reg. $35

50% OFF
Men's suits, suit separates, sport coats, dress pants and dress outerwear
In our suit, suit separates, sport coats and dress outerwear departments.
See below for exclusions.



50% OFF
Women's fashion by KARL LAGERFELD PARIS, STYLE&CO., CALVIN KLEIN SPORTSWEAR, DEX, KAREN SCOTT, JESSICA SIMPSON, CHAPS, BUFFALO DAVID BITTON, CALVIN KLEIN JEANS, I.N.C INTERNATIONAL CONCEPTS, LORD & TAYLOR and more
See below for exclusions.

SAVE $20
$19.99
ADIDAS T-shirts for men
Available in 5 colours.
Reg. $40

$29.99 ADIDAS joggers for men.
Available in 4 colours. Reg. $55
30% OFF other activewear for men.
In our activewear department. For all activewear offers, see below for details.

SAVE $63
$34.99
Reg. $98
TOMMY HILFIGER Logo fleece sweaters for men
Available in 7 colours.

UP TO 50% OFF
Select designer watches
Includes clearance. Exclusions apply. See store for details.

SAVE $63
$34.99
TOMMY HILFIGER sweaters for men
Reg. $98
$24.99
TOMMY HILFIGER sweaters for boys.
Sizes 2–18.
Reg. $59.50 and $65

SAVE $50
$44.99
VERO MODA outerwear
Available in 4 colours.
Style 10159267
Reg. $99.99
50% OFF other women's fashion by VERO MODA, DESIGN LAB LORD & TAYLOR and CALIFORNIA MOONRISE.
See below for exclusions.

UP TO 70% OFF all mattress sets
SAVE $1100
$498
Reg. $1598
BEAUTYSLEEP Makayla Euro top queen mattress set
PLUS, shop thebay.com for mattresses starting at **$198**

SAVE UP TO $180
$99 ANY SIZE
SERTA hypoallergenic down-alternative duvets
300-thread-count cover.
Available in double/queen and king.
Reg. $250 and $280

SAVE $400
after $100 mail-in rebate
$349.99
Reg. $749.99 **Sale $449.99**
KITCHENAID Pro 600 stand mixer

$139.99 after $30 mail-in rebate KITCHENAID 3-piece pasta roller set.
Reg. $279.99 **Sale $169.99**
UP TO 40% OFF other KITCHENAID small appliances.
See below for exclusions.

Savings for all offers are off our regular prices, unless otherwise specified. **BLACK FRIDAY $20 SAVINGS CARD:** Redeemable on a purchase of $100 or more before taxes on regular, sale or clearance-priced merchandise. Valid November 25 to December 1, 2016. Not redeemable on cosmetics or fragrances, online purchases or One Day Sale offers. Not to be combined with any other offer. Excludes Hudson's Bay Outlets. Other exclusions apply, see store for complete listing. **HUDSON'S BAY CREDIT OFFER:** Excludes One Day Sales, cosmetics, fragrances and major appliances. Other exclusions apply. See in store and online for details. Hudson's Bay, Hudson's Bay Credit, Hudson's Bay Rewards, hbc.com and their associated designs are trademarks of Hudson's Bay Company. **Credit is extended by Capital One Bank (Canada Branch).** Capital One is a registered trademark of Capital One Financial Corporation, used under license. MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. **KitchenAid small appliances** exclude items with 00¢ price endings. **Men's suits, suit separates, sport coats, dress pants and dress outerwear** exclude Ted Baker No Ordinary Joe and items with 99¢ price endings. **Adidas T-shirts** include styles AJ5742, AJ5743, AJ5345, AY7326 and AY7327. **Adidas joggers** includes styles AY7425, AY7426, AY7427 and AY7428. **Men's activewear** excludes Under Armour, Harley, Helly Hansen, Spyder, NHL, MLS, NBA, MLB, CLF, Official Sports apparel and accessories. **Women's dresses** exclude New Spring Arrivals, Calvin Klein Dept 650/652 and items with 99¢ price endings. **Women's suit separates** exclude New Spring Arrivals and items with 99¢ price endings. **WOMEN'S FASHION:** Select women's styles available in Petite and Plus Sizes; Excludes New Spring Arrivals and items in our dress, suit and activewear departments. **KARL LAGERFELD PARIS** excludes 1755 DDC, 1755 JAN and items with 99¢ price endings. **Calvin Klein Sportswear, Calvin Klein Sportswear Plus Size, I.N.C International Concepts** and **I.N.C International Concepts Plus Size** exclude $17 December, $17 January and items with 99¢ price endings. **Dex, Dex Plus Size and Vero Moda** exclude items with 99¢ price endings. **Chaps and Chaps Plus Size** exclude HL ACT III, HL CLS II, HL DNM III, HL SPW III and items with 99¢ price endings. **Style&Co., Style&Co. Plus Size, Karen Scott and Karen Scott Plus Size** excludes $17 December and items with 99¢ price endings. **Noisy May and Jessica Simpson** exclude all denim jeans up to $79. **Jessica Simpson Plus Size** excludes all denim jeans. **Calvin Klein Jeans and Buffalo David Bitton** excludes all denim jeans Reg. up to $99. **Design Lab Lord & Taylor** excludes styles Santa Crew, Rey Merry, FM4275836 and items with 99¢ price endings. **Lord & Taylor** excludes sweaters Reg. $89 to $99, Cashmere, Ply Cashmere and items with 99¢ price endings.

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TOPMAN

FRIDAY, NOVEMBER 25-SUNDAY, NOVEMBER 27, 2016

50% OFF
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PLUS, 20% OFF ALL OTHER REGULAR PRICED MERCHANDISE*

GRANVILLE STREET, RICHMOND CENTRE

*REGULAR PRICED ITEMS ONLY. CANNOT BE COMBINED WITH ANY OTHER OFFER.

HUDSON'S BAY

TOPMAN

DITCH HIGH HOME PRICES IN SOUTH AMERICA

Ecuadorian resort offers a respite from Vancouver pricing

It's no secret that markets such as Vancouver are some of the most hotly priced in housing. The average cost of a detached home here? The Real Estate Board of Greater Vancouver noted that as of this October, the benchmark price for such a residence sat at slightly more than $1.5 million. A town home is just a bit more affordable, at $669,200.

With prices like these, it's no surprise that a destination home on another Pacific coast — this one off of South America — is becoming an attractive prospect to Canadians. Significant interest is growing for the Montecristi Golf Club and Villas, a new project in Ecuador.

A closer look

The project features a residential area which overlooks a stunning 18-hole, par 72 golf course, housed inside a "mini city" covering a total of 1,000 hectares. The project has 498 fully urbanized lots, which are a mix of single-family as well as two-family lots and condominiums. A golf school, swimming pools, multiple restaurants and more are on site.

CONTRIBUTED

To date, phase one of the project has already had 400 out of 990 lots sold. More than 2,000 Canadian families have chosen the coast of Ecuador in the province of Manabi as their home.

"There's a very big community of people going down now," says Joey Perugino, head of North American Sales for the Montecristi Golf Club and Villas. "It could be snowbirds going, but it also could be people who stay year round. It's been one of the top countries for retirees in the last five to 10 years."

Home away from home

What does this Pacific coast have to offer? Like Vancouver, Ecuador has a mountainous landscape. However, a bigger natural attraction may be the four different climates that are all a short distance away: head to the Galapagos Islands, the coast, the Sierra region (which includes the notable Andes Mountains) or the Amazon rainforest, depending on your weather preference.

Add to that an easy cost of living. "To live really comfortably in Ecuador, you need to have a minimum of about $30,000 annually," he says. "Property taxes are very low — about $250 a year — and travel within the country is fairly inexpensive." A flight from Manta to the Quito capital for example costs $100, while an air-conditioned bus ride goes for less than $10.

"With all of this in mind, we really want people to discover Ecuador and this project as a destination," says Perugino.

Montecristi GOLF CLUB & VILLAS Experience !

Toronto:
Date: Thursday, November 24th, 2016.
Location: Workhaus 100 Front St. E. (4th Floor)
Toronto, ON M5A 1E1
Time : 5:30PM to 7:30PM
Registrer : www.flagstoneventures.com/events

Vancouver:
Date: Saturday, November 26th, 2016
Location: Creative Coworkers Unit B1 (buzz #010)
343 Railway St. Vancouver, BC V6A 1A4
Time: 2:30PM to 4:30PM
Registrer : www.flagstoneventures.com/events

Montreal:
Date: Tuesday, November 29th, 2016
Location: WeWork 3 Place Ville Marie (4th floor)
Montreal, Québec H3B 2E3
Time: 6:00PM to 8:00PM
Registrer : www.flagstoneventures.com/events

www.**montecristigolfclub**.com

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Mercedes-Benz North Vancouver
1375 Marine Drive, North Vancouver
Open Sunday: 11am – 5pm I D#6277

Mercedes-Benz Richmond
5691 Parkwood Way, Richmond
Open Sunday: 11am – 5pm I D#6278

Mercedes me
Aberdeen Centre, Richmond
Open Sunday: 11am – 7pm I D#6278

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Tips from those on the inside

GET THE BEST DEALS

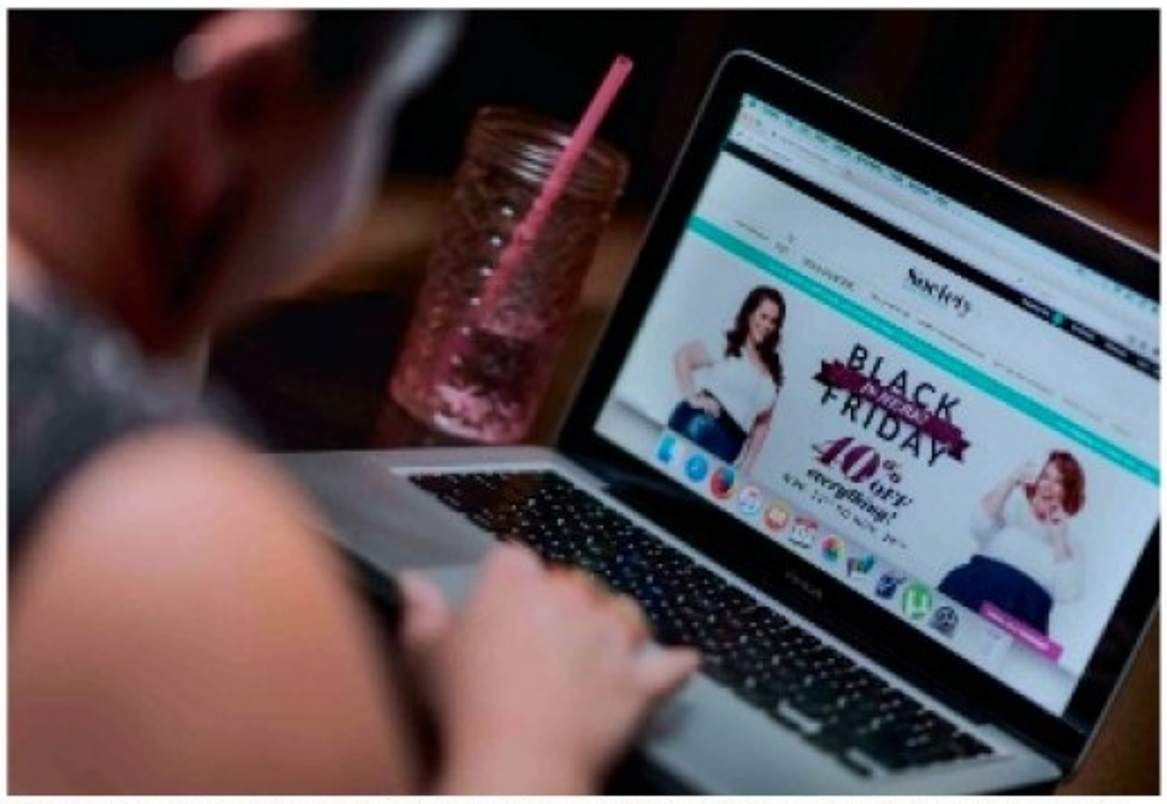
Take notes before hitting shops online or in-store

Camilla Cornell

Savvy shoppers know you can score some great deals on the day after American Thanksgiving in Canada, as well as the U.S. Read on for tips from a fashionista, a deals aficionado and a money expert to ensure you get the most bang from your buck.

Plus-size blogger Jessica Biffi (justbiffi.com) has been making waves in the fashion industry since ending Project Runway Canada, as the season 2 runner up. She has since launched her own clothing and accessory lines, and capsule collections for Addition-Elle and Pennington.

The self-described "Toronto girl with a serious fashion addiction" says most retailers let you know about sales in advance. So if there's a store or chain you frequent, sign up for their email sales alerts.



Plus-size blogger Jessica Biffi suggests signing up for email sales alerts from your favourite retailers. ELLIOT PARROTT PHOTOGRAPHY

"Then you can gauge whether or not you want to deal with the situation in person or on line," said Biffi. Her own preference is almost always to shop online during Black Friday. "It's just overwhelming otherwise," she said.

When buying clothing online, Biffi suggests doing some research, measuring yourself and looking over the on-line size chart. Or do some pre-shopping. "If you know you really like something, get to the store a few days in advance and try stuff on," Biffi suggested.

Calgarian Raymond Lau runs Canada Deals Blog and has been blogging full time since 2010 about the specials he finds to his 50,000 subscribers.

"Black Friday, Cyber Monday and Boxing Day are the three biggest days of the year for me," he said. "My traffic spikes like crazy."

Lau finds the best Black Friday deals on consumer electronics such as televisions and gaming consoles. But, he warns, some electronics retailers charge as much as a 50 per cent restocking fee once you open the box, "so only open it if you plan on keeping it."

Door-crasher specials can offer particularly great value, he adds, but they are frequently reserved for the first few people in the store, so get there early. "I never wait in line," Lau said. "I don't believe in it.

To avoid size snafus when buying online, Lau usually purchases two sizes (medium and large) and tries them on when they get to the house. "I just keep the one that fits and return the one that doesn't," he said.

When you do shop in store, he advises, make sure you have a game plan. Check Lau's website (CanadaDealsBlog.com) in the week leading up to Black Friday and try to cherry-pick the deals, concentrating on stores that rarely have sales, such as Lululemon and the Apple Store.

Finally, to beat the rush, you might want to shop early. "A lot of retailers kick off deals on Thursday at midnight," Lau pointed out.

Limor Markman of Limor Money (limor.money) strives to empower young women financially. And she practices what she preaches. "I only buy things on Black Friday that I was planning to buy anyway," she said. "A couple of weeks ago, my luggage jammed open on a trip, so I am totally waiting for Black Friday to buy luggage this year."

Markman warns against simply showing up at the mall to see what you can find. Instead, shop with a list of things you need and holiday gifts. Do your homework by scanning flyers and online sites in advances, Markman advises. "And make sure you're well-versed in the prices of the things you want to buy," she added. "Otherwise you may think you're getting a great deal and it may actually not be." A sign that screams '40 per cent off suggested list price!' doesn't mean much if the list price is inflated.

Shopping for a gift online?

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The hottest deals on cool tech

GADGETS GALORE

We've got the skinny on the biggest bargains

Marc Saltzman

What's the only thing better than getting hot deals over the holidays? When you can get all your shopping done before December even rolls around.

Between Black Friday, Nov. 25, when retailers slash prices, and Cyber Monday, Nov. 28, where you're encouraged to shop online, you can score great deals on hot products.

And if it's tech you want, you've come to the right place.

From televisions, tablets and laptops to gaming consoles, headphones and smart-home appliances, expect to get a lot of bang for your buck by shopping over the weekend.

The following are a few of our faves, and where to find the deal.

Samsung 55-inch 4K HDR Smart LED TV (KU6270)
Black Friday price: $899.99
Regular price: $1,299.99
Where to buy: Best Buy

Samsung TV

As you likely know, 4KTVs deliver four times the resolution of 1080p HD, while HDR ("High Dynamic Range"), reproduces a wider range of brightness levels, richer colours, and higher contrast levels (resulting in whiter whites and darker blacks). At $400 off, Samsung's KU6270 TV is even more tempting. This 55-inch 4K HDR TV looks stunning, and includes a Smart TV platform powered by Tizen, to give you fast and intuitive access to your favourite on-demand video apps like Netflix and YouTube, interactive games, music streaming services, social media, and more.

ASUS X-Series 15.6" Laptop
Black Friday price: $297
Regular price: $399.99
Where to buy: The Source

ASUS laptop

You don't need a $1,500+ laptop to turn heads. With its premium finish, the chocolate black ASUS X540 laptop is slender, lightweight, and durable, with decent performance to handle tasks like web browsing, online shopping, social networking, and word processing. Powered by an Intel Celeron N3050 dual-core processor and 4 gigabytes of RAM (system memory), this 15.6-inch laptop features an HD display (1366 x 768 resolution), 500 gigabytes of storage, and a 64-bit Windows 10 operating system. Along with Wi-Fi and Bluetooth, this laptop has multiple connectivity ports.

HTC One M9
Black Friday price: $400
Regular price: $849
Where to buy: htc.com

A huge discount on a premium phone, HTC One M9 is a 5-inch device with several bells and whistles. This includes a comfortable and durable metal unibody design, a 20-megapixel camera with sapphire camera cover lens (and impressive front-facing camera, too), and for entertainment buffs, front-facing stereo speakers with a built-in amplifier, HTC BoomSound, and Dolby Audio surround. On top of the Android operating system, HTC Sense software lets you truly customize the look and feel of the phone. 32 gigabytes of storage is included, but a microSD slot lets you add up to 2 terabytes (roughly 2,000 gigabytes).

HTC phone

iRobot Roomba 870
Black Friday price: $549.99
Regular price: $699.99
Where to buy: Amazon.ca app

iRobot Roomba

Why clean your home when you can have a robot do the dirty work for you? That's the idea behind the iRobot Roomba 870 Vacuum Cleaning Robot, which is also ideal for those who have pets and allergies. Its AeroForce 3-Stage cleaning system delivers up to 50 per cent more cleaning performance than previous models, says the company, along with tangle-free extractors to help prevent hair and debris clogs and a high-efficiency filter to trap fine dirt and dust. The disc-shaped vacuum cleaner's iAdapt Navigation technology uses a suite of sensors to navigate and adapt to your changing room environment, including an optional scheduling feature if you want to do its thing without you there.

Canon T6i
Black Friday price: $879.99
(Until Nov. 24)
Regular price: $949.99
Where to buy: Best Buy

Canon camera

Through the looking glass. You don't get a second chance to capture that special moment. Rather than reach for your smartphone, immortalize life's precious memories with the Canon T6i, a compact digital Single Lens Reflex (dSLR) camera and 18-55mm IS STM Lens Kit. Take professional-looking photos — quickly and easily — so you won't miss that winning goal, a candid smile or setting sun on the horizon.

Along with its 24.2-megapixel CMOS (APS-C) sensor, ultra-low light sensitivity (extended ISO up to 25,600) and fast DIGIC 6 image processor, this camera shoots Full HD videos, and has built-in Wi-Fi to instantly share your handiwork and NFC for tap-to-pair functionality with a compatible smartphone. When time and budget permits, build up your lens collection with a huge assortment of telephoto, wide-angle, and macro options.

Klipsch R6 Headphones
Black Friday price: $95.99
Regular price: $119
Where to buy: Klipsch.ca and all other Klipsch-carrying retailers

Klipsch headphones

You're not still using those white earbuds that shipped with your phone, are you? Treat your ears to something much better — and on sale for Black Friday and Cyber Monday. At 20 per cent off the regular price, the noise-isolating Klipsch R6 in-ear headphones with control cable feature patented, contoured ear tips for a more comfortable wear over long periods of time (and multiple tip sizes are included in the box). Most importantly, the same advanced acoustic engineering from Klipsch's legendary Reference home theatre speakers provide the performance in these R6 earbuds. The 3-button inline remote can be used for full music and voice control on most smartphones, plus the microphone lets you take calls, as well.

Nikon D5300 SLR with dual lens kit
Black Friday price: $799.99
Regular price: $1,294.99
Where to buy: Best Buy

Nikon camera

If 2017 is the year you want to start taking breathtaking photos, Best Buy has an aggressive sale on the Nikon D5300 single lens reflex (SLR) and some accessories to get you going. Along with this the exceptional 24.2-megapixel SLR (with DX-format CMOS sensor), there's both an 18-55mm lens for everyday photos and HD videos (with built-in stereo microphone), as well as a 70-300mm telephoto lens, and a camera bag to store all your gear. Other features of the camera include a fast EXPEED 4 processor, 39-point autofocus, high ISO sensitivity, 3.2-inch vari-angle LCD screen, built-in editing tools, and integrated Wi-Fi to share your memories on the spot.

ACER tablet

Acer Iconia B1
Black Friday price: $77
Regular price: $109.99
Where to buy: The Source

Want a tablet but can't afford an iPad? You'd be surprised how good an inexpensive tablet can be, like the Android-powered Acer Iconia B1, on sale for just $77. Fast and light, and with a high-resolution 7-inch screen, this touchscreen tablet is ideal for playing games, viewing videos, reading ebooks, browsing websites, and more. Along with support for Google Play's 1.5 million downloadable apps, this tablet includes Bluetooth connectivity for optional wireless keyboards, speakers, headphones and other accessories. This quad-core tablet ships with 16GB of storage, it can be expanded even further via its existing microSD slot (up to 32GB), and packs two cameras.

DJI Phantom 3 Advanced Quadcopter Drone with Camera
Black Friday price: $799.99
Regular price: $1,079.99
Where to buy: Bestbuy.ca (online only)

DJI drone with camera

Are your kids droning on and on about wanting a quadcopter? OK, bad pun, there. But whether it's for kids or kids at heart, save $280 off the white Phantom 3 Advanced Drone with this online-only Best Buy deal. Take to the friendly skies with smooth and intuitive controls and as it's soaring around, shoot smooth 1080p HD video (or 12-megapixel still photos) and even watch the footage on your smartphone or tablet while you're flying. Fly at a top speed of nearly 58 km/hour, and enjoy a line-of-sight range of up to 2,000 metres. As a safety measure, if the connection between the controller and drone is broken, the autopilot takes over and brings your drone back to you. Fly for up to 23 minutes between charges.

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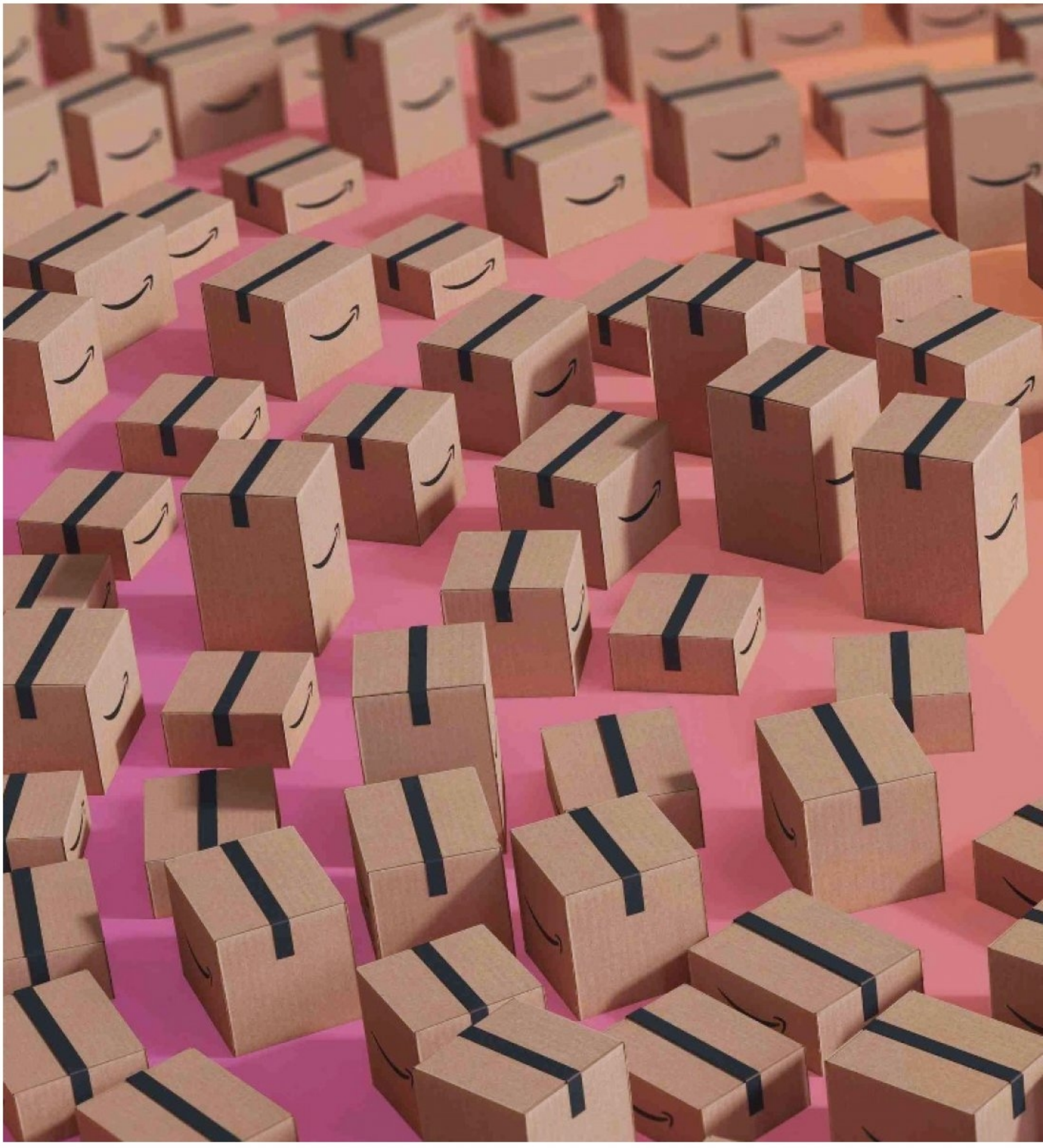
LG V20

Learn more at freedommobile.ca. Smartphone 45 LTE plan is available for a limited time and is subject to change or cancellation without notice. Bonus 3GB of data per month will only be applied to the plan until January 31, 2018. $60 service credit offer is valid from November 21 to 30, 2016, and is subject to change or cancellation without notice. To be eligible for the $60 service credit, you must activate a new Pay Before or Pay After line on a plan with a monthly charge of $45 or $55. A $5 monthly credit will be applied to your account for up to 12 months to a maximum of $60. The credits will start to be applied to your account as a top-up before tax on your 2nd top-up date (for Pay Before customers) or as a bill adjustment before tax on your 2nd bill (for Pay After customers). May not be combined with any other in-market offer, with some exceptions. Additional terms and conditions apply. LG V20 is a registered trademark of LG Electronics Inc. Screen image simulated. The Freedom Mobile name and logos and other words, titles, phrases, marks, logos, icons, graphics are our trade-marks and are protected by law and may not be used, copied, imitated or used in whole or in part without our prior written consent.



amazon.ca
BLACK FRIDAY
DEALS WEEK
NOV 18 - 25

Unusual finds for curious shoppers

POPULAR CATEGORIES

Consider toys, small appliances and electronics

Vawn Himmelsbach

Sure, Black Friday is a good time to pick up those wireless speakers or upgrade your smartphone, but it's also a good time to find deals on items you might not have considered shopping for. Like vacuum cleaners, gas fireplaces and Lego.

While electronics remains one of the most popular items, along with clothing and accessories, Black Friday is an ideal time to buy kitchen appliances, according to Monika Hajzokova, sales director with Shopbot, which has an inventory of six million items from more than 400 retailers and brands.

"Kitchen appliances is one of our biggest categories," she said. "The top searched item is the KitchenAid mixer, especially in the red colour." That's expected to be a popular item again this year; other kitchen appliances up for grabs at deep discounts are waffle makers and ice cream makers.

"Keurig [coffee] brewing systems always have good deals on Black Friday," said Sari Friedman, marketing director and resident shopping expert with ebates. "It's a great time to stock up on coffee, such as Keurig and espresso pods. The Bay always has great deals on espresso pods."

And it's not just appliances for the kitchen: most major big-box retailers are offering discounts on small appliances such as vacuum cleaners and robotic vacuums. For those wanting to invest in a heavy-duty vacuum, like a Dyson, Black Friday is the time to do it.

Shopbot has also historically seen a spike in sales of fireplaces (gas or ethanol-powered) over Black Friday. And, bizarre as it sounds, it has also seen a spike in plumbing supplies during this time period (perhaps, like fireplaces, it's a signal that shoppers are prepping for winter).

Dyson vacuum cleaner. CONTRIBUTED

As the temperatures plummet, shoppers aren't just thinking about fireplaces and freezing pipes. They're thinking about how they can escape winter, and travel is another category where they can find Black Friday deals. Several online travel consolidators and travel agencies are offering discounts on vacation packages, as well as rebates or gift cards with their purchase (to be used for future travel, though there's typically an expiry date).

Friedman says electronics is still the most popular category for shoppers on Black Friday and Cyber Monday. But she recommends thinking beyond TVs and computers, and considering options such as smart home hubs and smart thermostats.

Big-box retailers are offering discounts on Nest smart-home products over Black Friday, she said, and Enbridge customers can then receive a $100 bill credit for their purchase — a double win for shoppers.

While clothing and accessories remain popular, Black Friday is a good time to look for deals on designer items. Many luxury retailers run site-wide sales or offer deeper discounts on certain categories, says Friedman. This year, in particular, should be interesting, with high-end U.S. retailers such as Saks and Nordstrom opening shop in Canada, bringing their Black Friday traditions with them.

Black Friday also kicks off the holiday shopping season, so it's an ideal time to shop for others. Half of Canadians feel the deals that retailers offer specifically for Black Friday and Boxing Day are better than those offered in general during the holidays, according to new poll data from ebates, which surveyed 1,000 Canadians during October.

Lego. CONTRIBUTED

"Canadians are planning to spend $200 more on their holiday shopping this year than last year," said Friedman. "It's a good time to not just think about yourself but crossing off things on your list: toys, books, beauty."

When it comes to gift-giving, there are plenty of deals to be had on women's perfume, according to Shopbot. It's also a good time to pick up toys, such as Lego, or soon-to-be discontinued toy lines. Red Flag Deals predicts that toys from Star Wars: The Force Awakens may be discounted this year, to make room for the hype train of Rogue One: A Star Wars Story.

Shopbot has found that Quebec has different shopping behaviours on Black Friday than the rest of Canada. While electronics and clothing are still popular items, the top-searched items fall under the home decor category — in particular, blankets, quilts and duvets.

While the rest of the country may want to consider checking out the deals to be had on home decor, some shoppers are considering much larger appliances — such as mattresses, dishwashers and couches — that they'd traditionally buy during Boxing Week.

"Furniture stores tend to offer some good discounts, but not as much as much as fashion and appliances," said Hajzokova. "They won't be top categories."

Shoppers should limit themselves to clothing and electronics; consider holidays gifts as well as household or winter necessities. An added bonus of thinking outside the Black Friday box: You probably won't have to wrestle a mob of shoppers to get that ethanol-fuelled fireplace.

Keurig coffee brewing system. CONTRIBUTED

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Big deals on big appliances

SHOPPING

With Black Friday deals, now is the time to do that reno

Vicky Sanderson

The mother of all sales is upon us — music to the ears and good news for the budget of those longing to replace a noisy fridge, tired stove or wonky washing machine.

While Francine Sternhall, director of Aeroplan's eStore, says, "electronics tend to be the most popular (Black Friday) category," Home Depot Canada appliance merchant Cameron Skilling suggests that major appliances have become "a leading edge."

Shopping for large appliances during Black Friday, he adds, can have the advantage of being planned, unlike typical purchases, which frequently come after a break-down when decisions are made in a hurry.

Planned purchasing means the buyer has more time to gather information that will be useful when scoping out the best Black Friday deals.

Waylon Chow, sales associate at Best Buy Canada, thinks that may be why so many people are interested in buying a full kitchen suite at this time of year.

"People who are renovating and plan to buy everything at once during this time can save a lot," he said.

Experts suggest that shoppers spend as much time as possible identifying exactly what they want, visiting bricks and mortar stores and showrooms to look at product, and taking advantage of online videos, reviews and spec sheets.

It's sometimes important to move quickly to snag a deal, so Camille Kowalewski, head of communications for eBay Canada, advises shoppers follow favourite retailers and online marketplaces on social media. Your phone, she adds, could be a secret weapon for alerting to you to time-sensitive offers.

Once you know what you want, make a note of all relevant information, most especially the model number. Then double check it, says Skilling.

Planning a renovation around Black Friday sales can reduce costs on appliances, like these from Samsung. JO ALCORN DESIGN/JASON HARTOP PHOTO

"They're like Latin, so be very cautious of those numbers and letters — a change in even a single digit can make it a different colour, size, and have different features."

Don't forget to measure: you don't want to be one of those sad consumers who buys appliances without measuring their placement, or the doors they are expected to pass through. If you're not sure how to do the math, ask for help from an associate, whether you're online or in-store.

Tell the retailer, too, if there's an appliance that needs to be removed. Many include free disposal with a delivery, but need to know ahead of time for scheduling.

Bone up on the current, non-sale prices of items you want. Be ready to calculate how exchange, shipping, and return policies affect the sale prices. Always ask about matching programs; at Home Depot, for example, if you find a better price at a competitor, they'll beat it by 10 per cent.

Chow says shoppers should also look at loyalty points or financing options, and be aware of special shopping features; in Best Buy's case, that it will reserve any item to pick up in store at the sale price. It's also important to ask about warranties, and what it costs to extend them.

What's hot during Black Friday/Cyber Monday 2016 will be the same items that have been hot all year, says Skilling, who's noting upticks in large capacity laundry sets, and black stainless steel finishes.

Many consumers covet feature-rich, connected appliances, such as Samsung's Family Hub, a refrigerator with a front panel interface that, among other things, takes images of the inside of a fridge, which the user can access over a smartphone — say, at the supermarket.

LED lighting is another popular feature in fridges, and one that's increasingly accessible.

"It used to only be found in a $4,000 fridge. Now it's available in just about anything," said Skilling. He adds that manufacturers trying to woo shoppers to buy the relatively new induction technology may have interesting price points this year, and he expects large capacity laundry suites will be in demand.

Buy for sweet dreams not the sweetest bargain

BIG PURCHASE

A mattress should provide a better sleep all year round

Camilla Cornell

If you're looking for a mattress this fall, Black Friday may be one of the cheapest days of the year to buy one. "Black Friday has become a huge retail event in Canada and every retailer is now competing directly for the shopping community," said Jory Solomon, a "sleep expert" with Sleep Country Canada.

Solomon's region comprises 12 Sleep Country stores in Ontario and on an average weekday they sell $40,000 to $60,000 worth of mattresses. "Last Black Friday, we did more than triple that," he said.

That said, if you're shopping for a mattress on Black Friday, be aware that this isn't an uncomplicated purchase and stores will be crowded. A mattress store is basically a commercial space "with 40 squares, all at different prices," said Solomon. "The average person really has no idea what kind of technology they contain and what those features and benefits really mean. You really need a guided tour with an expert." Here are his tips for getting a mattress you're going to be happy with for the long haul.

Shopping for a mattress is a team sport

If you're part of a couple, shop with your partner. "You both have your own unique comfort level," said Solomon. "And you're both going to be sleeping on it, so you're better to pick it out together."

Beware the door-crasher special

"You will see these screaming deals on Boxing Day at prices that seem extremely low," he said. "But before you get too excited about putting that mattress in your master bedroom, understand that is probably the most basic-level bed in the store." If, on the other hand, you're planning to put that bed in your guest room, by all means go cheap.

A firmer mattress doesn't necessarily provide better support

"We still deal with that misconception every day," said Solomon. Thirty years ago there was truth to the idea that a firm bed provides greater support. "They used to take springs out of the firmest mattresses to soften them and they'd call it medium. Then they'd take more springs out and call it soft," he explained.

No more. The invention of the pillow top or Euro top mattress changed all that. "Now they don't take away support, they just add some cushioning on top to make the bed softer," said Solomon. "You can choose your comfort level, whether firm, medium or plush, and it will have no impact at all on the underlying support."

Don't let Black Friday deals keep you from making a smart purchase. KEITH BEATY/TORONTO STAR

You're not just buying a mattress — you're buying a 'sleep system'

While your mattress can account for about 80 per cent of your comfort, there are actually three parts to the sleep system: the mattress, the pillow and whatever the mattress sits on, says Solomon. Note that the minute you put your new mattress on an old box spring, it negates the warranty.

Adjustable beds aren't just for old folks

"A mattress doesn't have to go on a box spring. It can go on a platform base or a lifestyle base [usually called an adjustable bed]," said Solomon. "A lot of people used to think of that as being only for the old and infirm, but the average age of purchase for a lifestyle base now is about 42 years old. Its people using laptops or watching television — people who use their bedroom for more than just sleep."

'Warm sleepers' rejoice

"Being a warm sleeper is often disruptive to a good night's sleep," said Solomon. The good news: lots of mattresses have cooling technology now — including foam mattresses that have long been regarded as hotter to sleep on. "Foam is not a new technology and in the '80s and '90s, it was a fact that it tended to absorb body heat and could make the bed warmer," said Solomon. "But for almost 20 years — especially in the last three years, due to technological advances —the foam is now the coolest part of the mattress."

If you hate it, you can usually bring it back

"Almost every retailer has some form of home trial period," said Solomon. At Sleep Country there's a 60-day home trial period. If you feel like the Princess and the Pea, you can return it and choose another mattress. But don't make a rush decision. "It usually takes about two weeks until you're accustomed to the new mattress," he pointed out.

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Incredible views over snowy mountains

There's nothing like West Coast views. This winter, the snow-dusted mountains will beckon Metro Vancouverites to take full advantage of our world-class ski resorts.

Or, if you have a condo with a view, you can enjoy North Vancouver's incredible peaks from the comfort of your living room.

At Evolve, an affordable luxury condominium development in Surrey's City Centre, the panoramas are truly West Coast.

Now the 35-storey landmark development is offering view homes from just $211,900. Since the final homes are now selling, Evolve is offering buyers incentives of up to $30,000.

"Residents at Evolve will have some of the best views in the city," says Agnes Cheung, marketing manager at Macdonald Realty Platinum Project Marketing, the marketing company behind Evolve. "It's an amazing feeling to live high above it all and watch the world go by."

The studios and one-bedrooms at Evolve offer a rare chance for buyers to get Metro Vancouver's best views for some of its most affordable prices.

Contemporary, designer finishes create a clean, sophisticated backdrop to your everyday life, whether you're cooking, working, entertaining or relaxing.

High quality materials throughout the homes include quartz countertops, porcelain tile, engineered hardwood flooring and polished chrome hardware. They're features and finishings you would normally expect in a higher priced home, Cheung explains.

The open floor plans create a sense of space, boosted by the 8.5-foot ceilings and floor-to ceiling windows. Even on the darkest winter day, these homes will be flooded with light.

The views are also incorporated into the amenities at Evolve. Residents will have exclusive access to the spectacular Sky floor, which will crown the top of the building.

To learn more and visit the Evolve show homes in person, visit the presentation centre at 13328 104 Avenue, Surrey, B.C.

Visit evolvecondos.com to learn more.

Buy from a master developer

When you're looking to buy a new home from a developer in Metro Vancouver, make sure to choose one with a great track record.

A trustworthy developer will have experience building quality developments, having formed strong relationships with the best local builders and suppliers.

WestStone Group is the builder of Evolve, and the developer has already produced award-winning homes in their 2013 Ultra development in Surrey's City Centre, in addition to other quality developments in B.C. and Alberta.

Most recently, WestStone was the visionary company behind Surrey's up-and-coming West Village neighbourhood. It's a master-planned community that's home to the new Evolve tower, designed for mixed use to create a naturally diverse community with amenities that will serve residents' every need.

Evolve is one of six Surrey City Centre condominium towers to go up in the community.

CONTRIBUTED

The city that brings people together

Fall and winter are a special time for the Surrey community, and there's no better place to enjoy the festivities than from your home at Evolve.

In recent years, community celebrations in the City of Surrey have been on the rise, with people from all walks of life from all over the city coming together for multicultural celebrations.

On Nov. 5, the city held its Diwali celebration. The annual South Asian festival of light brought Surrey citizens to Surrey City Hall to make diya oil lamps, eat tasty Indian treats and enjoy South Asian crafts and entertainment.

On Nov. 19, the official Surrey Christmas tree lighting ceremony was held at Surrey City Hall, hosted by the mayor. The event featured a 55-foot tree, lit for everyone's enjoyment, and even Santa showed up to enjoy the festivities.

The city has events year-round that engage the community and bring the people of Surrey together to enjoy arts and culture. Between June and October, Surrey's new Civic Plaza is home to a weekly farmers market, selling locally grown, seasonal fruits, vegetables and food products, as well as other artisan goods.

In July, residents can enjoy the giant Surrey Fusion Festival, a free music festival for the whole family, based in the newly restored Holland Park.

"Surrey has so much to offer residents. There's an incredible sense of community here," says Agnes Cheung of Evolve.

The West Village Community itself is buzzing with activity. Home to Evolve, West Village offers residents a rich, sustainable lifestyle. Once Evolve residents move in, West Village will have 100,000 square feet of office and retail space hosting a diverse array of businesses.

Evolve's walkability helps enable this community-oriented lifestyle. Public transit is just a 10-minute walk away at Surrey's City Centre SkyTrain station.

Shopping, education and entertainment are all within reach too at Simon Fraser University's Surrey Campus, shops and the nearby restaurants, all at Central City Shopping Centre.

The area is also home to 45 hectares of parkland, so nature is always close at hand.

Evolve offers everything you'll need to live a balanced lifestyle.

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Classic beauty, modern luxury

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An instant landmark, state-of-the-art luxury. A refined modern home is both classic and cutting-edge.

Triomphe, a new, 46-storey tower in the up-and-coming area of Brentwood in Burnaby, strikes that fine balance. One-, two- and three-bedroom condos, as well as townhomes at Triomphe are now available for purchase, starting in the $370,000s.

"Striking" is an apt description for the building, designed by the award-winning Chris Dikeakos Architects. Strong, contemporary lines and LED lighting lend drama to the building's exterior. The striking tapered entry columns, beautifully paved port-cochere and terraced gardens welcome residents and their guests with old-fashioned grandeur.

The interior of each home at Triomphe reflects that special mix of classic and contemporary.

Step inside your home and you'll be taken in by the high-quality finishings. The kitchen features two-tone, soft-close European cabinetry, polished white quartz slab countertops, a marble-inspired porcelain backsplash, and a stainless steel, high-performance appliance package by Bosch.

Bathrooms are your own private spa, with a backlit mirrored cabinet in the master bathrooms, white quartz countertops and elegant, large-format porcelain tiles.

Homes feature endless views of downtown Vancouver, the mountains, the ocean and Gulf Island to the west.

The spacious, functional layouts and finishes were conceptualized by internationally known Mitchell Freedland Design to provide maximum convenience for residents.

"Our buyers have been impressed with Triomphe's layouts, finishes and amenities," says Shahram Malek of Millennium Development Group. "There's little wasted space here in the homes."

At Triomphe, comfort is of the utmost importance. The open and airy interiors extend seamlessly into generous patio spaces that expand the living area even further. Every home features air conditioning to adjust to residents' temperature needs — a feature that's hard to find in the Brentwood area.

When you're looking for a quality home, make sure it's built by a trusted developer. Triomphe is built by Millennium Development Group, a local company with 50 years of experience developing beautiful homes, including 30 years of experience in Burnaby.

"We take great pride in the communities we build" says Malek. "Triomphe offers great value in Burnaby, and presents an *exceptional* opportunity to be part of this special neighbourhood."

To learn more about Triomphe, visit the development's 10,000-square-foot presentation centre, which includes two full display suites. The Triomphe presentation centre is located at 4247 Unit B Lougheed Highway in Burnaby. It's open daily, except Fridays, from 12–5 p.m.

A prestigious location

In certain neighbourhood hubs, Metro Vancouver is adopting a model many European cities have been living for centuries — mixed-use residential and commercial buildings, high density, with walkable access to everything you need.

Residents at Triomphe will be able to experience these everyday luxuries.

Triomphe is located near one of the fastest growing town centres in Burnaby, so it's an excellent home and investment, and a perfect jumping off point to reach anywhere in the city you need to go.

Now in preconstruction at 1888 Gilmore Avenue in Burnaby, Triomphe's location is removed from the busiest intersections, and conveniently located along a transit corridor. It's just a three-minute walk to Gilmore Skytrain Station, giving residents access to downtown Vancouver in just a 15-minute ride.

It's also just an 11-minute walk to Brentwood Town Centre and the Brentwood Skytrain Station, one of the most architecturally beautiful stations in Metro Vancouver's public transit system. The rest of Brentwood, currently under development, will soon follow suit, providing a modern, pedestrian-friendly mecca for shopping and entertainment.

CONTRIBUTED

Triomphe is easily walkable to Brentwood Town Centre, Whole Foods, restaurants and other amenities.

The location is particularly convenient for empty nesters and students who take public transit to BCIT and SFU, and for those who work downtown or elsewhere along a SkyTrain line.

"Without paying Vancouver home prices, you can live at Triomphe but have accessibility to Vancouver in minutes. We know it's a desirable living situation," says Malek.

WITHOUT PAYING VANCOUVER HOME PRICES, YOU CAN LIVE AT TRIOMPHE BUT HAVE ACCESSIBILITY TO VANCOUVER IN MINUTES. WE KNOW IT'S A DESIRABLE LIVING SITUATION

– Shahram Malek, Millennium Development Group

Amenities to pamper you

When you're staying in a five-star hotel, services and perks are part of the package. The same is true when you're living at Triomphe. Residents can expect excellent amenities to help them relax, stay fit and more.

The development has a three-storey standalone amenity pavilion that offers a plethora of benefits exclusive to residents.

Stay fit at the fitness centre. You can enjoy the yoga studio and his-and-hers steam rooms. Reserve the multipurpose room for your next meeting or music session. This is where you can spread out and get creative.

When you're feeling like a dip, swim in the outdoor rooftop heated pool or relax in the hot tub. You can cook and dine at the inviting outdoor barbecue and entertaining areas.

Indoors, the entertainment lounge has a kitchen and seating area ideal for your next banquet, family gathering or party.

With the amenities at Triomphe, you can live a five-star lifestyle.

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A COMMUNITY ON THE RISE

CONTRIBUTED

The new Evergreen Line SkyTrain is opening in just a matter of days, making West Coquitlam one of the best new places to buy a home in Metro Vancouver.

Lougheed Heights, a master-planned community located in West Coquitlam, has already experienced unprecedented enthusiasm for its first two towers, with more than 750 homes sold this year.

"Direct access to the Evergreen Line is making the neighbourhood into one of Metro Vancouver's major urban centres," says Daryl Simpson, senior vice president of Bosa Properties. "People are discovering the beautiful parks and convenient amenities here."

The final opportunity at Lougheed Heights has just been released — Marquee, the third and final tower is a partnership between Bosa Properties and BlueSky Properties.

The quiet, family-oriented community is blossoming into a metropolitan centre where residents have access to everything they need, including rapid transit to the rest of Greater Vancouver. Lougheed Heights is an easy walk to the shops and restaurants of North Road, Austin Heights, and Lougheed Town Centre, for all your errands and shopping.

Coquitlam's great outdoors continues to be a major draw for singles and families moving into the area. With the city's more than 80 parks and 2,200 acres of green space at your fingertips, you'll have an abundance of nature to explore.

For those who are pursuing higher learning, Simon Fraser University is a short trip away by public transit.

"Marquee will offer great value for wise homeowners who will be able to call this community home," says Simpson.

This will be one community you won't want to miss.

CONTRIBUTED

Innovative living

At Marquee, progressive design is backed by a solid reputation, leading insight, and 50 years of homebuilding experience. BlueSky Properties and Bosa Properties, the developers behind the project, lead the way in home innovation.

Step into Marquee and you'll be greeted by a dramatic two-storey lobby with a concierge to greet you. Because getting your groceries delivered is increasing in popularity, the BOSAfresh™ room is a temperature-controlled facility in the lobby level to make it easier for residents to receive and securely store grocery deliveries until they arrive home.

Thinking about buying an electric car? The BOSAvolt™ dedicated parking spaces will provide power for recharging your batteries.

Living at Marquee will enable you to live a modern lifestyle with some of the most cutting-edge features you can find in Metro Vancouver.

The view from your home will feature sweeping views of the North Shore mountains or the Fraser River, and surrounding cityscapes and green spaces.

The bright, contemporary suites will be equipped with high-quality finishes including designer composite stone countertops, laminate wood flooring, premium Bosch appliances including an integrated fridge and dishwasher.

BosaSPACE™ responsive floorplans and furnishings are available in most one-bedroom homes at Lougheed Heights. They'll give you the flexibility to transform your living space to suit your day-to-day activities, helping you save space and money. The ExtenTABLE™ dining and worktable transforms your spacious kitchen into a large dining area in five minutes, sliding out to comfortably seat six to eight guests. The SleepTHEATRE™ is a floating TV panel with integral storage hidden inside. It slides to reveal a sofa or a spare bed for guests.

The innovation comes into every detail. Residents will find convenient USB charging ports, and a stacking, front-loading washer dryer provide efficient in-suite laundry.

Marquee offers inspired livability and exceptional quality, all backed by the Bosa name.

Sought-after amenities

Marquee offers abundant space for serenity and recreation in the tower's more than 17,000 square feet of private, resort-inspired amenities.

You'll never need a gym membership again. Instead, use the fully equipped training gym with change rooms, overlooking the pool deck.

Step outdoors and the heated outdoor pool is a luxury to enjoy anytime, with sun loungers to soak up those rays when it's warm out. The poolside lifestyle extends into the dining terrace featuring a fireplace, harvest table, and barbecue area. It's the ideal location for family celebrations.

The landscaped courtyard with reflecting ponds provides a place for quiet contemplation.

Your four-legged friends have a place at Marquee too. The private dog run is the spot to give your dog some exercise, and meet your neighbours while you're at it.

The community garden plots are another way to boost your health and well-being. Plant your crop and carefully tend it to get beautiful plants to enjoy and eat all spring, summer and fall.

If you're taking your party indoors, you can impress your guests in the entertainment lounge with soft seating and a large-screen TV — perfect for screening films, or watching the big game with friends.

THE FINAL OPPORTUNITY AT LOUGHEED HEIGHTS

NOW SELLING

Master-planned Lougheed Heights has been met with unprecedented enthusiasm, and its final and most exclusive tower completes this community with a grand statement of luxury living and 17,000 square feet of private amenities. The enviable West Coquitlam location puts 350 new shops and services, and the new Evergreen Line, all within walking distance.

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MEET THE CONDO

Here comes the Sun

CONTRIBUTED

Project overview

Sun Towers is a new center of luxury in the much sought-after neighbourhood of Metrotown in South Burnaby. Rising 41 storeys and 26 storeys respectively, both towers combined will provide a total of 479 one-, two-, and three-bedroom homes outfitted with a 26,000-square-foot amenity space.

Housing amenities

This architecturally striking tower provides not just 479 homes, but also features retail, restaurant, office, daycare and an extensive amenity package. Relax on top of the rooftop patio, go for a swim in the pool, or break a sweat on the badminton court, all of which are included.

Location and transit

Located across from Metrotown Skytrain Station, residents have the option to easily commute into Downtown Vancouver or head out towards New Westminster and soon Coquitlam and Port Moody with the Evergreen Line Expansion. Major bus routes are easily accessed with bus depots nearby and drivers can get in and out of the area quickly via Kingsway or 49th Ave.

In the neighbourhood

Metrotown is often referred to as Metro Vancouver's second downtown, and being steps away from one of the best shopping centres available, residents have full access to restaurants, shops, theatres and more that come with it. Beautiful Burnaby Central Park is also nearby for a quick nature escape from the hustle and bustle of the city.

NEED TO KNOW

What: Sun Towers
Developer: Belford Properties
Builder: Belford Properties
Designer: Architecture by IBI Group
Location: Beresford Street and Silver Avenue
Building: 479 units in 41- and 26-storey towers
Model: One to three bedrooms
Sizes: Not yet announced
Pricing: TBA
Status: Pre-sales
Sales centre and contact information: Register online for information
Website: suntowers metrotown.com

FOOD

'Tis the season for leftovers

Holiday meals tend to mean lots of leftovers; either we make enough for an army, or the army we expected didn't materialize.

If you're worried about the environmental impact of that king-size roll of plastic wrap or that stack of disposable plastic tubs, here are some alternatives:

Glass jars, stainless steel

"The key to storing leftovers in an eco-friendly way is to use — and reuse — what you already own," says Madeleine Somerville of Edmonton, author of All You Need Is Less: The Eco-Friendly Guide to Guilt-Free Green Living and Stress-Free Simplicity (Viva, 2015).

"Making use of (jars and containers) that you already have will almost always beat out buying something new," she says. "Don't worry about not having a perfect, Instagram-worthy fridge or freezer. As your old containers break, get lost or wear out, then you can begin investing in glass or stainless steel options."

Soups, stews, smoothies, frozen fruits and vegetables all work well decanted and stored in glass jars; just leave 1/4 of the jar empty for expansion.

New alternatives

Bee's Wrap, invented by Bristol, Vt., mom and gardener Sarah Koeck, is a beeswax, jojoba oil and resin-coated organic cloth that can be used to cover bowls or to wrap breads. It comes in several sizes and warms to a pleasing malleability when handled. The wraps last about a year, and can be cleaned with cool water. And if you find it hard to relinquish plastic bags, consider Bio Bags. They're made of plant starch so you can compost the bag.

Freeze it

Kris Bordessa, who writes a blog called Attainable Sustainable, suggests: "When it's time to clean up after dinner, we often have small amounts of vegetables or sauces left in the pan. Not quite enough for a leftover lunch, but enough that I don't want to waste it."

She collects those odds and ends in containers in the freezer. When she makes soups, she reaches for one of those jars. The trick, she notes, is not to mix incompatible flavours. She also freezes small quantities in muffin tins.

THE ASSOCIATED PRESS

Bee's Wrap is great for covering bowls of leftovers, proofing dough and bringing to holiday gatherings to cover platters of food or giving as a hostess gift. BEE'S WRAP

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metro SPORTS

"I am vehemently against it": Montreal-raised actor/filmmaker Jay Baruchel is still upset over the P.K. Subban trade

NHL CANUCKS DOWN DESERT DOGS The Canucks celebrate a goal scored by Sven Baertschi against the Coyotes in Glendale, Ariz., on Wednesday. Vancouver scored three times in the second period, Ryan Miller made 35 saves and the Canucks went on to win 4-1. CHRISTIAN PETERSEN/GETTY IMAGES

NBA

DeRozan, Raps keep Rockets grounded

DeMar DeRozan scored 21 of his 24 points in the third quarter and the Toronto Raptors beat the Houston Rockets 115-102 on Wednesday night to snap a two-game skid.

The Raptors avoided losing three in a row for the first time since last November, and ended a nine-game losing streak in Houston.

James Harden had 29 points and 15 assists for Houston, but also had 12 turnovers. The Rockets lost for the first time in four games.

DeRozan also finished with nine assists, five rebounds and two steals.

THE ASSOCIATED PRESS

WEDNESDAY In Houston

RAPTORS	ROCKETS
115	102

IN BRIEF

Top-ranked New Zealand defeats Canada in rugby

Fullback Selica Winiata scored two tries as top-ranked New Zealand defeated No. 2 Canada 20-10 in international women's rugby on Wednesday in Dublin, Ireland.

The Black Ferns extended their win streak over Canada to 12 games. The two teams will meet again next August in pool play at the Women's Rugby World Cup in Ireland.

THE CANADIAN PRESS

Bayern freezes up in Russia

Bayern Munich had to settle for second best after losing to tenacious Russian club FC Rostov 3-2 in a Champions League match played in -5 C weather on Wednesday.

Bayern had already qualified but will now finish second in Group D thanks to Atletico Madrid's 2-0 win over Eindhoven. Rostov was already eliminated, but can reach the Europa League.

THE ASSOCIATED PRESS

Rheaume reflects on making history

HOCKEY

Goalie became first woman to play in major juniors in 1991

Manon Rheaume with three of her masks this month in Detroit. PAUL CHIASSON/THE CANADIAN PRESS

Every few years, Manon Rheaume gets asked about Nov. 26, 1991, the night she made hockey history.

Playing in goal for the Trois-Rivieres Draveurs, the then-19-year-old Rheaume became the first woman ever to appear in a regular-season game in the Quebec Major Junior Hockey League.

It all started when Gaston Drapeau, head coach and general manager of the Draveurs, invited the Lac-Beauport, Que., native to training camp.

"People had said no to me so many times because I was a girl that when someone gave me a chance I said, 'Yes, I'll take it,'" Rheaume, 44, said in an interview at her home near Detroit. "It was a chance to experience hockey at a higher level."

Manon held her own, posting the third-best goals-against average among the six goalies in camp.

She was sent down to the Tier-2 Louiseville Jaguars, but not without drawing praise from Drapeau. And when starting goalie Jean-Francois Labbe was injured in mid-September, she was recalled to act as backup to the No. 1 goalie — future NHLer Jocelyn Thibault.

Her big moment came in the middle of the second period of a game against the Granby Bisons, before a crowd of 2,025. Rheaume entered with the game tied 5-5, and the first test came from Philippe Boucher, a defenceman with a booming shot who later played in the NHL.

"Manon was the star that night, but we wanted to have our part in it," said Boucher, now head coach of the Quebec Remparts.

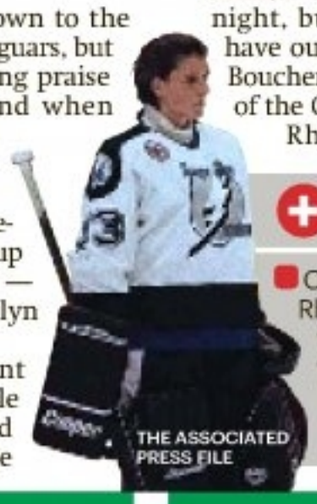
Rheaume allowed three goals on 17 shots before leaving the game with a cut over an eye when her mask was shattered by a shot from Patrick Tessier. She was chosen as third star of the game despite her team's 10-6 defeat.

"I was just very grateful to Mr. Drapeau for inviting me to camp," said Rheaume. "The night he let me play, he put aside the fact that I was a girl and looked at me as a goaltender."

Rheaume ended up playing 24 men's pro games in a variety of leagues over the years. She also made her mark in women's hockey, winning gold medals with the Canadian team at the 1992 and 1994 world championships and taking silver at the 1998 Winter Olympics.

Today, she helps run the girls' hockey program for Little Caesars, an organization associated with the Detroit Red Wings, and coaches the under-12 girls' team. She had a foundation that provides funds to girls under 19 in sports. She is also on the organizing committee for the 2017 women's world championship.

"To have a chance to earn a living in the sport I love, I couldn't ask for more," Rheaume said. THE CANADIAN PRESS



THE ASSOCIATED PRESS FILE

MAKING IT TO THE SHOW

- On Sept. 23, 1992, Rheaume became the first woman to play in an NHL pre-season game for the Tampa Bay Lightning.
- Rheaume played one period, allowing two goals on nine shots against the St. Louis Blues.

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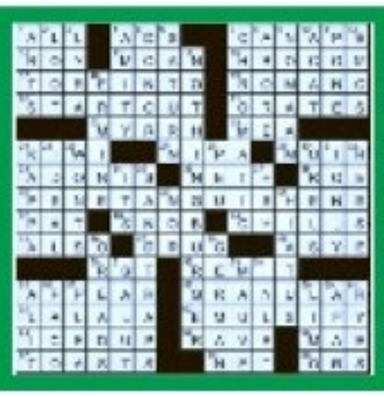

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RECIPE Coconut Lentil Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ginger, curry and coconut give this soup rich and complex flavours.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves 6

Ingredients
- 1 Tbsp olive oil
- 1 onion, diced
- 2 large carrots, peeled and diced
- 2 cloves of garlic, minced
- 1 Tbsp fresh ginger, minced
- 1 Tbsp curry powder
- 1/2 tsp each cinnamon and cumin
- 1/3 cup tomato paste
- 4 cups vegetable stock
- 3 cups water
- 1 can coconut milk
- 2 cups dried red lentils
- 1 big handful of fresh spinach, sliced into ribbons
- Juice 1/2 lemon
- Salt and pepper to taste

Directions

1. Heat oil in a big pot over medium heat. Add onions and carrots and cook until they soften, about 3 minutes. Toss in garlic, ginger and spices. Stir and cook for another 3 minutes. Add the tomato paste and stir again.

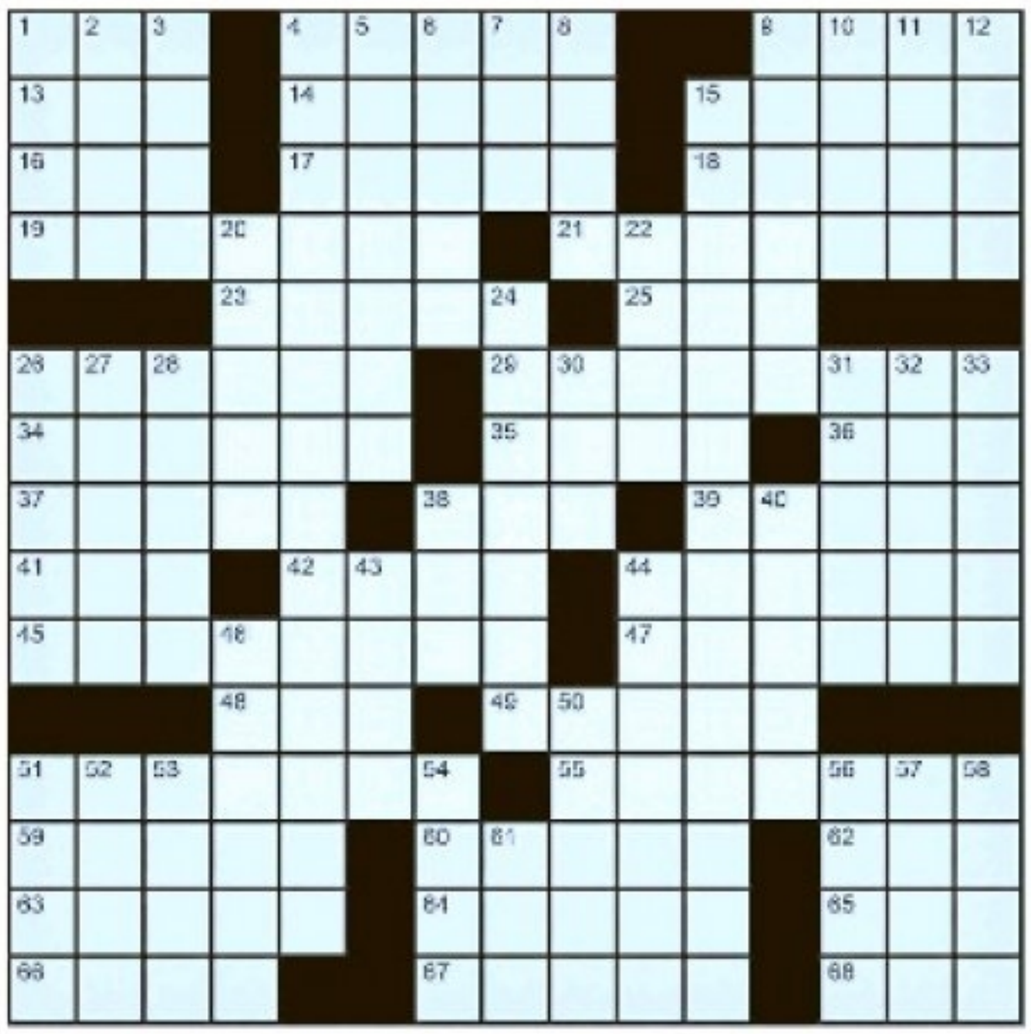
2. Pour in stock, water, coconut milk and lentils. Stir and let it simmer — not boil — for about 25 minutes. Taste to check that lentils are tender.

3. Throw in the spinach and stir it around until it just wilts. Add the lemon juice and taste before adjusting for salt and pepper.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Car's craving
4. Finishes a room's 'roof'
9. Horus and Apollo
13. Fitting
14. Year's historic record
15. Variant-spelled hawk's nest
16. Last letter, USA-style
17. Big name in motor scooters
18. Earthy pigment
19. Drastic
21. Server at Starbucks
23. Segments
25. Richie's portrayer on "Happy Days"
26. Next to
29. Vacationing visitors
34. Ottawa-born singer/songwriter Ms. Morissette
35. Town in Quebec near Lac Saint-Jean
36. Even if, briefly
37. Canadian band, Doug and The __
38. "Why, __ be an absolute honour!"
39. Jack __, Kiefer Sutherland's "24" role
41. One of a white canvas sneaker brand
42. Own
44. Melancholy in mood
45. Haughtier
47. Spectrum sources
48. Chap
49. Undercover agents
51. Warrior of Japan
55. Facing difficulty: 3 wds.
59. Preamble
60. Forged material
62. Lacto-_ vegetarian
63. Contests of ancient Greece
64. Belgian tenor/Elvis impersonator, Helmut __
65. Australian band, __ At Work
66. Wrongdoing, in law
67. Bottomless pit
68. Before

DOWN
1. Fixed stare
2. Top
3. Proofreader's mark
4. Canadian potatoes brand (frozen French Fries, fresh potatoes, etc.) since 1980: 2 wds.
5. Foes
6. Map detail
7. Around-the-track unit
8. Hunk
9. Horoscope sign
10. Spheres
11. __ Coke
12. Doubled Doris Day song word
15. Northern Lights: 2 wds.
20. Regretting
22. __ lily
24. Declarants
26. Suns
27. "Juno" (2007) star Ms. Page
28. __ Arabia
30. __-fashioned
31. Concert ticket remnants
32. Heat unit equivalent to 100,000 BTUs
33. Bruises, for example
38. 'Excess' ender
40. Awry
43. Verdi opera
44. Sorts of small pianos
46. Articulate
50. Devoutness
51. Tiff
52. Ti-Cat's rival
53. Berth
54. Filmdom's Ms. Fisher
56. __ and Circumstance
57. "Head __ Heels" by The Go-Go's
58. Singing voice characteristic
61. From A __ _ (Step-by-step)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
A discussion with a partner or close friend will be super intense today. However, the bottom line is that you want to make things better for everyone. This you all can agree on.

Taurus April 21 - May 21
At work today, you'll have intense relations with foreign countries or people from other cultures. You are enthusiastic about introducing reform and ways to expand.

Gemini May 22 - June 21
This is a great day to make ambitious vacation plans. In fact, all your ideas to socialize and explore the arts and enjoy yourself are exciting!

Cancer June 22 - July 23
You have great real-estate opportunities and chances to improve your home in the coming year. Today is a good day to start thinking about what you want to do.

Leo July 24 - Aug. 23
Your enthusiasm for something is the energy that will carry you through. That's because everything basically starts in your mind, doesn't it?

Virgo Aug. 24 - Sept. 23
This is an excellent day to think of how to boost your income now and in the future. Trust your money-making ideas. You can do this.

Libra Sept. 24 - Oct. 23
Because lucky Jupiter is in your sign this year for the first time since 2004, you are on a roll! Make the most of this opportunity to explore your good fortune.

Scorpio Oct. 24 - Nov. 22
Powerful things are taking place in your life now, which affects your view of the world. This is why you want to explore your inner world more deeply.

Sagittarius Nov. 23 - Dec. 21
You might join a group or be involved with people who will change your way of looking at things. They will expand your world and affect your future goals.

Capricorn Dec. 22 - Jan. 20
This year you have a chance to really boost your reputation in the eyes of others. Today, you begin to see ways to do this.

Aquarius Jan. 21 - Feb. 19
Big travel plans or an introduction to a belief system might change your life this year. You are getting an inkling of what is going to happen by what you are planning today.

Pisces
Feb. 20 - March 20
The support you receive from others is undergoing a major overhaul. The bottom line is simply this: It has to benefit you. Make sure this happens.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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